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STEWARDSHIP



A beautiful view of Minots Ledge Light, off the coast of Scituate and Cohasset. STAFF PHOTO/GARY HIGGINS

Lighthouse for sale

Auction opens on
Minots Ledge LightBy Erin Dale
edale@wickedlocal.com

The iconic "I Love You" lighthouse (nicknamed for its 1-4-3 flashing beacon) is up for auction for a starting bid of \$10,000.

The federal General Services Administration (GSA) is selling the lighthouse, officially titled Minots Ledge Light, in an effort to transfer stewardship of the his-

toric structure. It is currently owned by the U.S. Coast Guard.

"Minots Ledge Lighthouse is an important part of our regional and national maritime history," Robert Zarnek, the agency's New England regional administrator, said in a statement. "Through a public sale, GSA is looking for a passionate and capable owner to help us ensure that this architectural treasure will be preserved without burdening taxpayers."

According to the govern-

ment's National Park Service, the current 114-foot-tall lighthouse was designed by General Joseph G. Totten of the Lighthouse Board and built in 1860 from 1,079 blocks of Quincy granite.

The original structure dates back even further; it was originally built between 1847 and 1850, but toppled in a gale in 1851. The light is listed on the National Register of Historic Places and is an American Society of Civil Engineers landmark.

The lighthouse is named after the ledge it sits atop: Minots Ledge, a 25-foot, .1 acre outcropping of rocks known as "Cohasset Rocks."

The lighthouse is accessible only by boat and a 30-foot bronze ladder, and is closed to the public.

The upper levels of the lighthouse boast a kitchen, keeper's bedrooms, living space and storage; there are no utilities, however.

"This lighthouse is ideal for avid divers exploring the local shipwrecks, fishing enthusiasts and anyone committed to preserving the

SEE LIGHT HOUSE, 10

EDUCATION

School on Wheels coming to area

Cohasset tutor calls for more volunteers

By Erin Dale
edale@wickedlocal.com

Homelessness is not just a big city problem – it's a reality in communities along the South Shore.

The Brockton-based School on Wheels of Massachusetts (SOWMA) is trying to combat the statistics – that children impacted by homelessness are 4 times more likely to show delayed development, have twice the rate of learning disabilities, and are 9 times more likely to repeat a grade, according to www.SOWMA.org.

The non-profit organization, founded 10 years ago by teacher and child advocate Cheryl Opper, has tutoring sites in Brockton, at two homeless shelters, two hotels, and four elementary schools.

There are also locations in New Bedford, Stoughton, and Norwell, where 15 families benefit from tutoring services at the Friends of the Home-

less shelter.

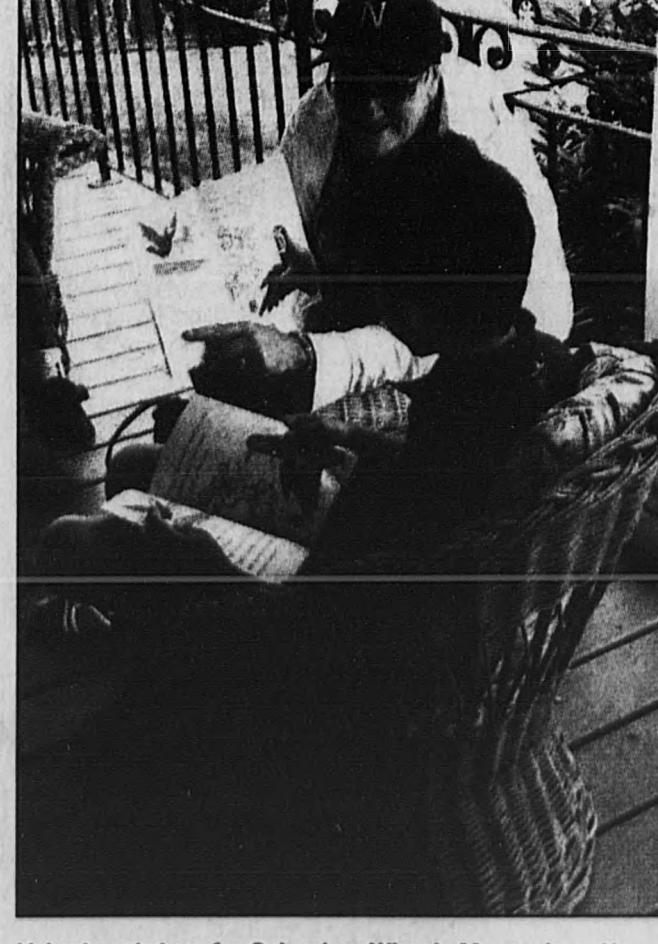
SOWMA will open two new tutoring sites in Weymouth and Randolph this fall, at the Super 8 motel in Weymouth and Randolph Community Middle School.

Betsy Millard of Cohasset, a tutor who started volunteering for the program in January, said she heard about SOWMA through a friend and knew she had to get involved. She visited SOWMA's website and found out how to get started.

Soon, she was paired with a kindergarten student.

"They melt your heart," Millard said of the children.

There are over 4000 homeless families in Massachusetts, representing about 8500 children, according to published reports. For 29 percent of these families, someone is employed. Around 2000 of these families are living in hotel rooms; over 250 families live in hotels on the South Shore.



Volunteer tutors for School on Wheels Massachusetts (SOWMA) work with children who are impacted by homelessness. COURTESY PHOTOS

SEE WHEELS, 14

400 YEARS

John Smith plans

Special day slated for Sept. 13

By Erin Dale
edale@wickedlocal.com

Did you know that Cohasset was once renamed "London"?

After Captain John Smith sailed through Cohasset waters, he added the village to his map; Prince Charles then gave it an English name.

This fact and others will soon be displayed on a new sign on the harbor, thanks to the Cohasset Historical Commission.

Cohasset is joining towns along the eastern shoreline in commemorating the 400th anniversary of Captain John Smith landing.

According to the Cohasset Historical Commission, Smith (1580-1631), an English soldier, adventurer, mapmaker and writer, explored the coast of North America from Virginia to Maine and, in 1614, became the first known European to enter Cohasset Harbor.

Smith landed six years before the Pilgrims set foot on Plymouth Rock.

The captain made a pit stop in what was then Quanohassit and had a run-in with some of the natives. The Historical Commission wants to commemorate the Quanohassit tribe as well as Smith, sharing information on both Smith and Cohasset's original inhabitants with new signage around the Lawrence Wharf pavilion on Border Street. The pavilion was built in 1914 to commemorate Smith's landing.

The April 28 Annual Town Meeting approved \$50,000 in Community Preservation funds to restore the pavilion, and another \$11,000 for new benches, signs and a bronze plaque.

The commission formed a special subcommittee that has spent several months planning "John Smith Day," which will take place on Saturday, September 13 with a full day of events from 11 a.m. to 5 p.m. (see sidebar for proposed schedule).

The group met Monday night and got a sneak peek of the brand new bronze plaque, which member Jackie Dormitz unveiled. It will be dedicated during a commemoration ceremony on Sept. 13, during which Town Manager Chris Senior will act as Master of Ceremonies. Town and state officials are expected to give proclamations.

SEE JOHN SMITH, 15

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POLICE BEAT

Couple has weird encounter outside eatery in the village

By Mary Ford
mford@wickedlocal.com

Two elderly residents found themselves entangled in a bizarre series of events after eating dinner at Bia's the village on Sunday night (Aug. 10). They observed a man inside the bar chatting up the bartender and when they left the establishment saw the same man in the bushes where they suspected he had been relieving himself, police said.

The man then approached their car, tapped on the window, and claimed to be a member of the Gloucester Police Department - he told them they had had too much to drink and should not be driving. They asked for his credentials, which he did not present but he then took a photo of their car.

Later that evening police responded to a call from the Red Lion Inn where the same man, who was sitting on the side porch with a pizza box, claimed to have been hit by the 2012 Lexus the couple was driving.

The man is 26 and had a Maine license but lives in Gloucester and was staying at the Inn, police said. He had no visible injuries and no tears to his clothing. Police also wondered why he waited to report the accident. Investigation also revealed he had never been a police officer in Gloucester. He smelled of alcohol and had delayed speech, police said. He denied allegations that he had approached the couple and they denied his allegation that their car had struck him.

Trespassing

A Jerusalem Road couple is being summonsed to court for trespassing following an ongoing dispute with their neighbor who was able to produce photographs of the couple walking their dogs on his property when he was not home, police said. The neighbor claims the couple does not respect boundaries so he set up a camera through his computer that would provide evidence to that effect. The couple had been served with a no trespass order in July, police said.

Asleep

Police gave a woman a ride to the bus depot in Hingham after they found her asleep on King Street by Sanctuary Pond Road last week. She told police she was walking home from Scituate and had laid down to rest.

BRIEFLY**Ice Festival at Carousel**

The Friends of the Paragon Carousel will host an Ice Festival at the historic merry-go-round from 5 to 8:30 p.m., on Saturday, Sept. 6. The event will feature a Snow Queen, a movie showing, crafts and food. Also included will be unlimited carousel rides, goodie bags, photos with the Snow Queen, Elsa-inspired hair braiding, glitter snowflake body art and games.

Early bird tickets are \$45 per child (includes one adult chaperone ticket) until Aug. 22 when the tickets will increase to \$55. Extra adult tickets (over age 18) are \$10 each. Attendance is limited. Tickets may be purchased online at the carousel's website www.paragoncarousel.com, at the Paragon Carousel or by calling 781-925-0472. For more information, visit paragoncarousel.com.

Scam

An elderly woman who lives in Wheelwright Farm received a call last Tuesday (Aug. 5) from someone with a heavy accent telling her she had won \$200,000 in the lottery but needed to pay the delivery service \$200 when the check was delivered. The woman recognized it as a scam but was concerned that the caller knew her name and address, police said.

Campers

Police responded to the end of Doane Street at around 2:15 p.m. on Tuesday (Aug. 5) that was initially thought to be a medical aid. Two men were located, one was lying on the ground on a blanket and the other was lying beside their van. The men, who were both from Connecticut, were looking for campsites, police said. They were sent to the Union Street entrance to Wompatuck State Park in Hingham where the campgrounds are located.

MVA

Police responded to a single-vehicle accident at 1:10 a.m. on Wednesday (Aug. 6) at Black Rock Beach. A 26-year-old Cohasset man in a 2008 Volvo S60 was driving home from Hull when he took his eyes off the road to look at his cell phone and then lost control of the car, crossing into the opposite lane, hitting a curb, going through a fence and sliding down the rocks onto Black Rock Beach near the 500 block of Jerusalem Road.

He was not injured; his car was towed; and he was cited for negligent operation of a motor vehicle, marked lanes violation; and impeded operation (looking at his cell phone).

Scam

A grandmother who lives on Avalon Drive received two calls last week, one a few minutes after the other, from a caller claiming her grandson had been in an accident and needed money right away. The woman's grandson is fine and the

call is part of the infamous "grandparent scam" where scammers entice an unsuspecting grandparent into helping a grandchild get out of trouble. The grandmother in this case did not fall for the scam or provide any personal information, police said.

Sideswiped

A blue 2002 Kia was sideswiped overnight on Hull Street last week even though it was parked well inside of the fog line, police said. The victim notified police who said the accident occurred sometime during the 12 hours from 11:30 p.m. Wednesday (Aug. 6) to 11:30 a.m. Thursday (Aug. 7).

The driver's side had extensive damage to the taillight, door panels and headlight. Essentially the whole driver's side was wiped out, police said.

Shoplifting

An 87-year-old mother from Scituate and her 51-year-old daughter from Rockland were detained on Thursday afternoon (Aug. 7) for shoplifting from Stop & Shop, police said.

The women were using the self-checkout and would scan a few items and conceal the rest before exiting the store. The daughter paid for the scanned items with an EBT card (state welfare card).

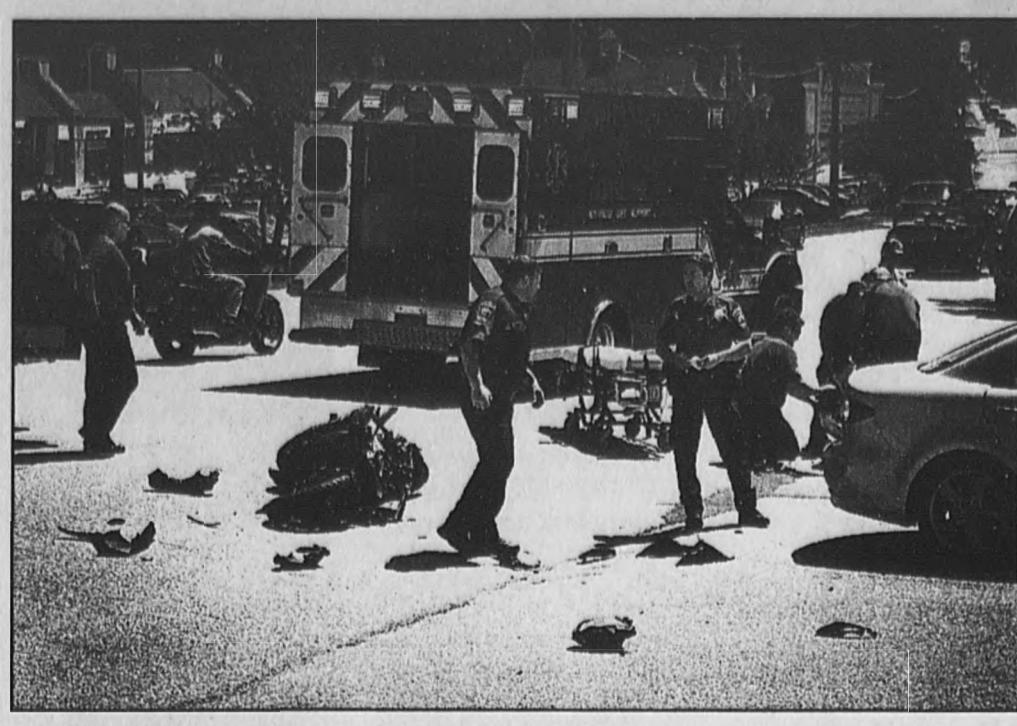
Store security recognized the two women from a previous incident at the Norwell Stop & Shop, detained them and called police. The police reviewed the video footage.

The women are being summonsed to court for the crime of shoplifting. The items they attempted to steal totaled \$156.42, police said.

Forgery

A 78-year-old Cohasset man reported to police on Thursday (Aug. 7) that someone had forged and cashed one of his checks for \$350. He made a photocopy of his bank statement. Police are investigating.

SEE POLICE BEAT, 4



Det. James McLean, Officer Patrick Reardon, and firefighters assist at the accident scene by the entrance to Shaw's last Friday. COURTESY PHOTOS

Serious accident by Shaw's



Police Det. James McLean retrieves one of the sneakers the motorcyclist was wearing that landed about 80 feet from the impact.

A 29-year-old Cohasset man sustained serious but non-life-threatening injuries when his 2012 Suzuki motorcycle was hit by a car Friday (Aug. 8) around at 12:15 p.m. in front of the entrance to Shaw's Plaza in Cohasset.

Police said the man was traveling south (toward Scituate) with traffic when he was cut off by a 2008 Mazda sedan that was coming from Scituate and attempting to make a left into the plaza.

Police said numerous 9-1-1 calls came in following the accident. The operator of the Mazda, a 75-year-old Scituate woman, was cited for failure to yield to oncoming traffic. The motorcycle driver was taken by Cohasset ambulance to

South Shore Hospital. Police said he was hit so hard that he came right out of his sneakers, one of which landed about 70 feet from the crash.

The motorcycle was totaled and the Mazda had minor damage; both vehicles were towed. Police said the victim was wearing a helmet.

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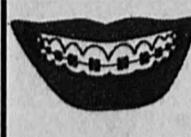
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POLICE BEAT

Continued from 3

Warrant

Police arrested Scott D. Barnes, 19, of 90 Doane St., on Thursday (Aug. 7) around 4:30 p.m. on a warrant that was issued that day out of Hingham District Court. Police said his ex-girlfriend and her mother had appeared in court for an alleged violation of a restraining order the girl had against him and he failed to appear. Cohasset police were informed of the warrant and made the arrest.

Altercation

Police responded to a verbal dispute on Thursday (Aug. 7) at 1:30 p.m. at the Stop & Shop gas station on Route 3A. A man, 56, and woman, 54, both from Quincy, had reconnected on Facebook after many years and were driving a 2010 Honda Civic during the freak rainstorm that afternoon. The man had a panic attack and started screaming — so the woman got out at the gas station, went to the attendant's booth and police were called. There was no physical contact and the man who had the panic attack apologized profusely. However, the woman, who was advised of her rights, did not want to ride with him again so police gave her a ride home to Quincy.

Football

A neighbor to Alumni Field reported that kids may have broken into the press box because they were playing loud, amplified music on Friday (Aug. 8) around 6 p.m. Police went to the high school where they found a legitimate football practice was going on. The coach was made aware of the noise

complaint and the music was turned down.

Unwanted

An Avalon couple who were both temporarily residing in the Life Care Center in Scituate for medical reasons notified police on Friday night (Aug. 8) that their 49-year-old son had just gotten out of jail and they did not want him at their apartment. He had apparently planned to go there to pick up some clothing. In the meantime, Hingham police had taken their son into protective custody after finding him drunk in Hingham Square. A no trespass order was faxed over to the Hingham Police Station.

Minor charged

A 19-year-old Scituate woman driving a 2009 Toyota RAV4 was arrested on Friday (Aug. 8) after a motor vehicle stop at Forest Avenue and Surry Drive for speeding. As the officer approached, he observed a passenger in the back cargo area who was not seat-belted. There were a total of six people in the car including the driver. As that passenger hopped out, in plain view was a box of Bud Lite that was half full. Arrested was Hannah B. Smalls of 168R Stockbridge Road. She was charged with being a minor in possession of alcohol and speeding. All the occupants were from Scituate and ranged in age from 19 to 22, police said.

Vandalism

New owners of a home on Rocky Lane notified police last week that the property had been covered with toilet paper. Also in an unrelated incident, the owner of a 2003 GMC Yukon called police after finding his car that had been parked on S. Main Street covered with paper towels.

Did you just hear those sirens?

**Cash taken**

The owner of a business on Chief Justice Highway (Route 3A) near the Scituate line reported to police on Saturday (Aug. 9) that someone had entered the store overnight and taken cash from the cash register. There were no signs of forced entry. Detectives have processed the scene for evidence.

Non-payment

Police caught up with four people at the Harbor Inn who had left a 5 South Main where they had eaten breakfast without paying their bill, police said. The call from the eatery came in at 12:28 p.m. on Sunday (Aug. 10). Investigation revealed the group that were wedding guests from out of town (Woburn and Burlington) had a dispute over alleged poor service and refused to pay the \$51 bill. The ultimately paid the bill and no charges were filed, police said.

Mailbox missing

A 60-year-old man from S. Main Street reported on Sunday afternoon (Aug. 10) that his mailbox valued at \$25 was gone. The post was still there. There were no witnesses and the mailbox could not be located after canvassing the neighborhood.

ROOF IS THE ISSUE**School board wants solar panels****Committee exploring other options**

By Erin Dale
edale@wickedlocal.com

The town's Alternative Energy Committee (AEC) continues to make strides toward bringing solar power to Cohasset.

Solar panel vendor Palmer Capital, the winning bidder to install panels on the town-owned landfill on Cedar Street, gave a presentation during the Monday, August 4 meeting.

The Middle-High School roof was part of the original bid, however, Palmer Capital's project will focus on the landfill.

School committee member Helene Lieb said during the August 6 school board meeting that she is disappointed the school is being cut out of the equation. "I hate that we've waited for solar, and it's going to end up on the landfill and we won't" get solar panels on the roof.

AEC co-chairs Shaun Selha and Marie Caristi-McDonald previously explained to the Mariner that this is due to the age of the roof, and the fact that it leaks.

"The leaks are so prolific and diverse in their locations at this point that the consensus is to not move forward with the installation of the PV [photovoltaic] arrays," Selha explained in an email. The roof might need to be re-

placed "sooner rather than later," he added. If solar panels were installed before that, they would need to be removed in order for the roof to be replaced.

Adding a solar array first seems counterintuitive, said Selha. The town would have "to pay a premium for the electricity produced to cover that cost. If the roof will need to be replaced soon it makes more sense to do that first and then forgo the premium and get better electric prices for the solar produced electricity."

School Business Manager Dave DeGennaro said that the schools could potentially have solar panels, or "solar car ports," installed in the parking lot instead. However, "The committee has to approve it and let us pursue it," he said.

Superintendent Barbara Cataldo said that the parking shades have an artful design. "It looks like a Frank Lloyd Wright arrangement."

Selha said that former AEC co-chair Tanya Bodell, who now serves on the Advisory Committee and as that board's liaison to the AEC, offered to reach out to a local resident who installs "solar car ports" and ask him look into the feasibility of installing them at the Middle-High School.

The AEC is also working to help the town save on energy costs with an audit of all the town buildings, which was completed recently in tandem with the Director of Project Management and

Planning, Brian Joyce.

Lieb said that she hopes the schools will be considered as the AEC looks for ways to create more energy efficiencies.

The committee "needs to see our energy [costs] here," said Lieb. "They're skyrocketing."

Streetlights

In other business, the AEC is working with Town Manager Chris Senior on purchasing streetlights and retrofitting them to LED fixtures after purchase. Senior is currently negotiating the purchase with National Grid.

Doing so would be both energy-efficient and cost-effective, said Selha. "Not only are incentives available for the capital cost of the retrofit, but long-term maintenance and electric costs would be lower," he said. "This could also be completed for parking lot lights."

The AEC will discuss wind power and more at their upcoming meeting (Monday, Sept. 8 starting at 7:30 p.m. in the Middle-High School community room). The Trustees of Reservation are expected to give an update on the Turkey Hill wind turbine project.

The board will also discuss the requirements for joining the state's "Green Communities" initiative and what grants and incentives are available to municipalities that join.

Look for more on this issue in an upcoming edition of the Mariner.

the Story Map software package and learn how to embed data, video and text to tell a story of the status of eel grass beds just outside the Bassings tidal flats.

A NOAA oceanographer will teach students how to use python programming language to plot, visualize and animate the tracks made by ocean drifters that communicate with satellites on Aug. 20. CSCR students have built and deployed five drifters this summer and will work with Manning to learn how to illustrate and analyze the latitude/longitude data generated by the surface current drifters.

Email Jack Buckley at jbuckley@ccscr.org for details about times and to reserve a spot in either workshop.

AWARDS**Boys & Girls State reception**

The Cohasset American Legion Post 118 is hosting a reception for the Boys & Girls State program participants at 9 a.m. on Saturday, August 16 at the legion (98 Summer Street).

There will be an award ceremony for all of the recipients, who will be asked to speak briefly about their experiences.

For more information, call 781-383-9657.

HAPPENING**CHS Reunion**

CHS Classes of 74 & 75, are having a reunion the weekend of Oct 17 and 18. They are going to get together at the homecoming football game then any CHS alumni can go to the American Legion upstairs (cash bar).

That Saturday the classes gather from 6 to 11 p.m. at the Sons of Italy in Hingham (for 74 and 75 only). Buffet meal being served. Cash bar. Cost is \$50 for one, \$25 for a guest. Payment needed by Sept. 1, mailed to CHS 74/75 Reunion, 810 Franklin St., Duxbury MA 02332. No walk-ins the night of the reunion at Sons of Italy. Check out their Facebook pages, either Cohasset 70 and 80 Alumni or Cohasset High — Class of 1974/1975 40th reunion page.

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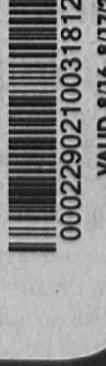
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BOARD OF HEALTH

Should the town hire a social worker?

By Erin Dale
edale@wickedlocal.com

As Cohasset looks for ways to combat the local heroin problem and other matters of public health and safety, having a town social worker has become part of the discussion.

"If there was ever a time [for Cohasset] to consider having a social worker, now would be it," said Marita Carpenter, president of the Cohasset Social Service League. "There are people out there who need help and direction, and hope."

The Board of Health took the matter up during its Tuesday, August 5 meeting, however board members are unsure of what that position might look like.

"The board realized that we don't have a scope yet for what we want," said Board of Health Agent and Administrator Felix Zemel. "There's a lot more work to be done."

The town used to have a paid social worker position through the town's Social Service League (SSL), according to Zemel. The SSL also funded the town nurse position, which has been held by Mary Goodwin since 2008.

Goodwin said that the social worker position predates her time in Cohasset, but that the last time the town had a social worker was over a decade ago. Both the town

"There are people out there who need help and direction, and hope."

Marita Carpenter, Social Service League

nurse and town social worker operated out of St. Stephen's church; the SSL later moved to its current location at 380 Chief Justice Cushing Highway.

Carpenter said that the social worker position was "phased out" once the town nurse job moved to Town Hall. The town nurse role also absorbed some of the social worker's duties in making referrals, said Carpenter. The SSL then started supporting the social worker at the Well-spring Multi-Service Center in Hull.

"We saw a need for that and established a relationship with Well-spring to support their social worker," she explained.

More recently, the SSL has been spearheading the new town Senior Center project, funding \$1 million for the \$2.5 million, 8,000 square-foot building and fundraising for the remaining costs.

The center will have offices for the town nurse and veterans service officer - and could potentially house a social worker, said Carpenter.

"There's certainly a need for it, and it's a very logical place to have that kind of support," she said. "We do

have space available."

However, since the SSL financially supports Well-spring's social worker, it's not a position the organization plans to fund.

"We wouldn't do it under our roof at this point," said Carpenter. Hiring one "is a town decision."

The town does have an outreach coordinator in the Elder Affairs department who can also fulfill a social worker function, Carpenter added.

And there are social workers involved in the SSL's most recent endeavor: forming a drug coalition of town leaders (see related story) working together to strategize ways to combat the heroin epidemic.

Social workers are among the coalition's founding members, said Carpenter.

The coalition provides a way for the town to work together on these matters, the SSL president added.

"We're all for a better Cohasset," she said. "We have lots of great resources and great people in our community that are willing to help."

Look for more on this issue in an upcoming edition of the Mariner.

UPDATE

Cohasset drug coalition meeting

By Erin Dale
edale@wickedlocal.com

On the South Shore, a fatal heroin overdose claims a life every eight days, said Murphy; that's about 99 fatal overdoses over the past two years. In 2013, there were 60 heroin-related deaths in Norfolk County alone.

thing to keep it a secret from my friends, neighbors, and everybody."

Green shared that she too lost someone to a heroin overdose - her high school boyfriend in 1972.

Murphy shared some statistics showing how heroin has become an epidemic.

"It is the number one health problem in the U.S. and takes more lives than car accidents and gunshots," she said. "This is an absolute plague."

Murphy worked alongside SSL president Marita Carpenter to form the coalition, and felt the need to do so based on her personal experience; her former husband passed away from a heroin overdose in 2005.

"This is not a new problem in Cohasset," said Murphy. "It was literally in my house 37 years ago; [even] back then in Cohasset, this was a problem."

"It was a difficult situation to live in a town where everything looked perfect, but my husband didn't hold a job and I had to do every-

thing to keep it a secret from my friends, neighbors, and everybody."

Green shared that she too lost someone to a heroin overdose - her high school boyfriend in 1972.

Murphy shared some statistics showing how heroin has become an epidemic.

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"This is not a new problem in Cohasset," said Murphy. "It was literally in my house 37 years ago; [even] back then in Cohasset, this was a problem."

Murphy showed a long list of recent newspaper headlines about heroin, including some from the Cohasset Mariner and Patriot Ledger. "This used to be the

DON'T MISS THIS

Register for SAT prep program

Registration is now opening for the SAT prep program through Episcopal City Tutoring, beginning sessions on Sept. 8, Oct. 6 and Nov. 3. These programs will prepare students to take the SAT in October, November or December. Students will meet math and English tutors in the Watermelon Room at St. Stephen's Episcopal Church, 16 Highland Ave., Cohasset.

Started in 2010 with the mission of Test prep with a social impact, ECT has worked with students in four other Boston suburbs. The Cohasset site debuted in February 2014. What makes ECT unique is that in addition to providing high-quality personalized tutoring, the profits are used to tutor students in underserved neighborhoods. The one-on-one approach allows tutors to focus on a student's unique needs and challenges, and communicate the most helpful strategies in a way that makes sense to the student.

The program provides students with eight, 90-minute tutoring sessions. Four-week review sessions are also available. The cost is \$85 per session. The prep course curriculum is non-religious and focuses only on SAT preparation for

English and math. A student or family need not have any church affiliation to register for classes.

Visit episcopalcitytutoring.org for more information on registration, or contact ECT Cohasset Site Manager Stephanie Sears at stephanie.c.sears@gmail.com or call 413-329-8291.

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AROUND TOWN

Ariana Clark is a top young artist



JENNIFER PIEPENBRINK

Whale watch

Hey Cohasset, what's going on? I hope you are enjoying all that summer is sharing with you and your family and that each day is holding special moments in time for you all. I had the pleasure of going on a birthday gift whale watch the other day and it was so magical for me. A whole morning spent in my favorite spot, out on the ocean with my daughter, Calie, watching these beautiful animals, including a Momma and Baby Humpback whale, so special. Such a strong reminder for me to try and grab those moments when you can and create memories that will last forever.

Now, on with this week's column and a reminder of the new deadline, Tuesdays by 2 pm.

Library

Here is a great message being sent out from the Children's Room at the Paul Pratt Library. "On behalf of the children that participated in the Fizz, Boom, Read they would like to thank The Friends of the Library for their generous support of the summer reading program. The Friends of the Library will donate \$1 to the Cohasset Reading Dog Foundation for each summer reading log returned to the library. Together we can make a difference in our community." This is awesome and continues to feed the feeling of, "It Takes A Village To Raise A Child..."

Pomfret School

Grace Keenan of Cohasset, and a member of the Pomfret School

class of 2015, has earned high honor roll distinction at Pomfret School for the 2014 spring term. High honors are earned with a grade point average of at least 3.5 and no grade below a B-.

Loyola

Cohasset residents Bridget Cahill, a member of the Class of 2015, and Connor Dooley, a member of the Class of 2017, were named to the Loyola University Maryland spring 2014 dean's list. In order to qualify for the dean's list at Loyola, a student must have a GPA of at least 3.5 with a minimum of 15 credits.

Bates College

The following Cohasset students graduated from Bates College at the school's 148th commencement ceremony on May 25, 2014.

Margaux Donze, the daughter of Jeffrey A. Donze, is a 2010 graduate of Cohasset Middle High School. She graduated after majoring in psychology at Bates.

UMass-Boston

The following Cohasset residents graduated from UMass-Boston at the university's 46th commencement ceremonies on May 30, 2014: Andrew Bell and Whitney Condon.

Rochester

Danielle Lauren Sookiasian, a junior majoring in molecular genetics at the University of Rochester, was named to the dean's list for academic achievement for the 2014 spring semester. Sookiasian, a resident of Cohasset, is the child of Susan Sookiasian and Art Sookiasian, and a graduate of Cohasset Middle High School.

Ariana Clark holds up her award from the South Shore Art Center.
COURTESY PHOTO

Art award

Congratulations to Cohasset resident Ariana Clark. This 10-year-old fourth-grader has now won a second award, an Honorable Mention from the South Shore Art Center. This dedicated artist spends her free time drawing pictures.

Ariana has also taken her art a step further into the digital age using programs such as Photoshop, etc., and posts her work on YouTube.

BSU

Martin E. Lucas of Cohasset was named to the dean's list for the 2014 spring semester at Bridgewater State University.

Reunion

Classmates of CHS '74, you are being searched for! Your reunion is set for Friday, Oct. 17. Anyone who wants to can meet at the Homecoming game, then any CHS

alumni are free to join in the fun for a CHS Alumni Night at the American Legion from 8 p.m. to midnight. Saturday, Oct. 18, is for '74/'75 only at The Sons Of Italy in Hingham from 6 to 11 p.m. with music, buffet and cash bar. The cost is \$50 per person, \$75 per couple. Pay by Sept. 1 for a free Cohasset T-shirt. All checks need to be paid by Sept. 24 and sent to CHS '74/'75 Reunion, 810 Franklin St., Duxbury, MA 02332. No walk-ins will be allowed.

What's cooking

Here is a great program taking place at Holly Hill Farm. Long-time Farm friend, and featured writer for edible South Shore & South Coast magazine Julia Powers demonstrates simple cooking techniques to create some of her favorite recipes. Learn how easy it is to pull together nutritious, seasonal fare from ingredients available at the Farm Stand. Tasting is encouraged! All classes begin at 10 a.m. in the Tomato Barn. Sept. 6 will be All Things Kale and Oct. 4 will be Hearty Fall Soups. Cost is \$12 for members/\$15 non-members. Attend two classes for the discounted rate of \$20 members/\$26 non-members. Call 781-383-6565 for more information or to make a reservation.

That is the news for this week Cohasset. Send in all your news, photos and celebration info to me no later than Tuesdays by 2 pm.

Just an FYI. We receive dean's list and honors notices from many colleges and private schools, but not all. If your son or daughter has earned recognition, please share that news directly with us!

We also LOVE new baby announcements with photos if possible. Need birth date, weight, length, names of siblings, parents and grandparents. Emailed photos are fine but glossies can be dropped off at Tedeschi's in the village in our Mariner drop box.

EMAIL: aroundtowncohasset@yahoo.com

HOLLY HILL Grandparents Day is Sept. 7

Holly Hill Farm is located at 236 Jerusalem Road, Cohasset. To register or for more information on the following programs, visit www.hollyhillfarm.org or call 781-383-6565.

Celebrate Grandparents Day at Holly Hill Farm: Nature's Sketchbook with Lynn Rizzotto

— Sept. 7, 10 to 11:30 a.m. Cost is \$20 per pair for FHHF members, \$30 for non-members.

Rizzotto's Nature's Sketchbook program for grandparent/grandchild pairs is an inspirational one-time drawing experience for grandparent/grandchild teams.

Local artist, lifelong sketchbook keeper and director of the Children's Creativity Workshops in Hingham, Rizzotto will guide a

hands-on drawing and observational session at the Farm. To

create a memorable experience, enrollment has been limited to six grandparent/grandchild

pairs, so reserve a space soon.

Haven't met Rizzotto? Learn

more at <http://www.childrenscreativity.com>.

Yoga on the Farm — Saturdays, 8 to 9 a.m., through Aug. 30.

Drop-in cost is \$12 for members, \$15 for non-members. Linda Storm will help attendees

start each weekend off in balance, with a peaceful and energizing yoga class on the farm. All

levels are welcome. Bring a mat, towel, water, bug repellent and a friend to this series.

Cooking on the Farm with Julia: All Things Kale — Sept. 6, 10 a.m.

Cost is \$12 members, \$15 non-members. Join long-time

Farm friend, featured writer for

edible South Shore & South

Coast Magazine, and soon-to-be

nutritional counselor Julia Powers for this new program. Learn

how easy it is to pull together

seasonal fare from ingredients

available at the Farm Stand.

Powers combines her nutritional

knowledge with her love of

cooking to provide participants

with a demonstration, teaching

session and discussion. Class

will take place in the Tomato

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Enjoy a clambake on Sandy Beach

A summer's day on Sandy Beach is a day well spent.

A summer's evening enjoying the most New England of meals on Sandy Beach is a date worth putting on the calendar.

Cohasset Historical Society will host its annual clambake at Sandy Beach on Saturday, Sept. 6. A major fundraiser for the society, the evening will spotlight one of the most well known spots in Cohasset while raising money to support its efforts all year long.

"Our mission is to preserve and present the history of Cohasset and we couldn't do it without the generous support of our members and friends," said Kathy O'Malley, president of the Cohasset Historical Society. "It's a great evening to enjoy the best of Cohasset while ensuring the protection of the town's rich history."

Last year's clambake on Sandy Beach was the first such opportunity for locals to be a part of a lobster-fueled celebration in quite awhile.

According to Sandy Beach Association president Robin Lawrence, it has been a number of years since an event like this has taken place at the beach.

Sandy Beach is special place, not only because of its soft golden sand and view of Minot Light, but also because it's owned and operated by a trust – Sandy Beach Association. In 1917, a group of civic-minded citizens turned this private stretch of beach over to a trust. As a private not-for-profit organization, the Sandy Beach Association is solely supported by donations.



Cohasset Historical Society will host its annual clambake at Sandy Beach on Saturday, Sept. 6. Here is a photo of last year's event. COURTESY PHOTO

Clambake at a glance:

What: The second Cohasset Historical Society Clambake.

Where: Sandy Beach.

When: Saturday, Sept. 6, 4 p.m. (rain date: Sunday, Sept. 7).

On the table: All the traditional fixings for a New England clambake, as well as beer and wine.

Entertainment: Local band, Line Drive, will perform during the evening.

Tickets: Reservations required, call the Historical Society at 781-383-1434 or buy online at: cohassethistoricalsociety.org. Tickets are \$120 per person for members and \$130 per person for non-members.

Preserving history: All year long the Cohasset Historical Society finds ways to preserve and present the history of Cohasset. As a nonprofit organization, it depends on donations and fundraising events, like this one, to sustain its efforts to protect the town's past.

Lawrence sees his organization and the historical society as kindred spirits.

"We are a community-wide organization as is the Historical Society and we certainly like to cooperate with other organizations. It made perfect sense for us to help," Lawrence said.

As a locale for a clambake, Sandy Beach is ideal.

"It's a true New England beach. It's small so it feels cozy. We call it the jewel of Cohasset," Lawrence said.

A full spread of New England fare will be served on the beach: Clam chowder, steamed clams, brown bread, corn on the cob, barbecue chicken and, of course, lobster.

To purchase tickets, call the Cohasset Historical Society at 781-383-1434 or go online to cohassethistoricalsociety.org. Tickets are \$120 per person for members and \$130 per person for non-members.

5 THINGS TO DO THIS WEEK

There's plenty to do in and around Cohasset



Atlantic Symphony's annual Sunset at the Abbey concert will take place at 4 p.m., on Sunday, Aug. 17, at Glastonbury Abbey, 16 Hull St. COURTESY PHOTO

1 Concert: Atlantic Symphony's annual Sunset at the Abbey concert will take place at 4 p.m., on Sunday, Aug. 17, at Glastonbury Abbey, 16 Hull St., Hingham. ASO music director Jin Kim is programming a classical set that features Spencer Aston on trumpet, Tim Steele on piano, accompanied by vocalist Chelsea Basler. They will share the stage with Border Road, featuring Andy Bergsten, Bill Barton, Preston Hoffman and Chuck McDermott. Tickets for Sunset at the Abbey are \$20 and can be bought online at: atlanticsymphony.org or before the concert at the lawn of Glastonbury Abbey.

2 Cohasset Carillon: St. Stephen's Summer Recital Series on Cohasset Common will finish on Sunday Aug. 17, with George Matthew, Jr., who has been carillonneur of Middlebury College and Norwich University in Vermont since 1985. He has played carillons in Western Europe and in 2005 was also the first American to play the new carillon in St. Peter and Paul Cathedral in St. Petersburg, Russia. His program will include music of Mozart and Edward Grieg, a traditional Hebrew Sabbath song and several of his own arrangements. Concert starts at 6 p.m., bring a lawn chair!

3 Concert: The Cohasset Recreation Concert Series on Cohasset Common continues at 6 p.m., Thursday, August 21st,

with the Satuit Band-Jack Worley Memorial Veterans Concert, sponsored by the VFW Post #9146. The band plays a little something for everyone to enjoy from the Beatles to movie scores by John Williams. Free. (If it rains, concert will be held indoors at Town Hall). Bring a blanket or folding chairs. Visit cohassetrec.com

4 Field Trip: Geologist Peter Dillon will follow his June 11th historical society lecture on the geology of Cohasset with a field trip to examine the granite that makes up much of the geological structure of the area at 10 a.m. Saturday, Aug. 16. Participation is limited by the amount of parking available at the triangle across from Black Rock Beach. A town sticker is needed for parking and carpools are recommended.

5 Yoga on the Farm — Saturdays, 8 to 9 a.m., through Aug. 30 at Holly Hill Farm, 236 Jerusalem Road. Drop-in cost is \$12 for members, \$15 for non-members. Linda Storm will help attendees start each weekend off in balance, with a peaceful and energizing yoga class on the farm. All levels are welcome. Bring a mat, towel, water, bug repellent and a friend to this series. Visit: hollyhillfarm.org or call 781-383-6565.

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At 2 years old, Dallas has tabby coloring and long, soft hair that helps her stand out in a room full of cats.

COURTESY PHOTOS

Dallas is a real socialite

CASEY FREDETTE

Pretty, social and available; that's our Dallas. After just a few short weeks of living in the shelter, this gal has made friends with everyone she's met. At 2 years old, Dallas has tabby coloring and long, soft hair that helps her stand out in a room full of cats. Once you stop to acknowledge Dallas, you are greeted by one of our friendliest cats. This outgoing lady is craving love and tenderness. Dallas is a true lap cat — totally con-

Dallas has now watched as her two kittens, Gage and Tsunami, left for their new homes as well as her long-time roommate Hayden. Now it's Dallas' time to shine, and that's not hard with a cat this wonderful!

tent to spend as much time as possible being showered with affection.

Dallas' sad story is an all too familiar one. She lived in a home with several other unaltered cats. Unwanted litters of kittens came and went, nearly constantly. Dallas, at a young age, has mothered dozens of

kittens; in far too short of a time. After having her last litter of kittens, Dallas finally got some relief; much overdue spaying. Hull Seaside Animal Rescue arranged to have Dallas and all of the other unaltered animals in the home altered by the Animal Rescue League Spay Waggin'. The Spay Waggin' offers communities across the state spay and neuter services monthly, at a reduced cost.

Dallas has finally mothered her last litter of kittens, which means she gets to sit back, relax, and be the center of attention. A short time after being altered Dallas' owner was evicted from her home. When Dallas' owner left, she left all of her pets behind in an empty apartment. Dallas was brought to Hull Seaside along with some of the other abandoned pets to wait for caring, new homes.

Dallas has now watched as her two kittens, Gage and Tsunami, left for their new homes as well as her long-time roommate Hayden. Now it's Dallas' time to shine, and that's not hard with a cat this wonderful! Come meet Dallas in person so you can see for

yourself! Open hours are Monday 6:30-7:30 p.m. and Saturday 2-3 p.m. You can also call Judy, adoption coordinator at 781-534-4902 to learn more about this phenomenal feline and all of our other cats and kittens.

The fantastically talented Joanne Berman is hard at work shooting for the 2015 Kittendales calendar. Producing the Kittendales calendar takes a full time effort, which Joanne selflessly donates. This year in the hopes of helping to defray some of the up-front calendar costs we have set up a gofundme account: gofundme.com/bs24l8.

Please consider donating toward the printing and production costs we incur putting out our fantastic product. No amount is too small and all the proceeds from our calendar go towards helping the cats and kittens of Hull Seaside Animal Rescue. You can also visit Kittendales Facebook page. There you can get updates on the calendar and its availability as well as see behind the scene photos of the kitten shoots. The Kittendales calendar is our biggest fundraiser each year. It ships out to countries all over the world and frequently sells out. Make sure to get yours early!

Casey Fredette is the shelter manager at Hull Seaside Animal Rescue.

New Memory Care Assisted Living Neighborhood In Hingham

The New Memory Care Neighborhood is from Welch Healthcare & Retirement Group, with more than 65 years of experience, and Allerton House, with a 15-year history in Hingham. The program is conveniently located off Route 3A, minutes from downtown Hingham.

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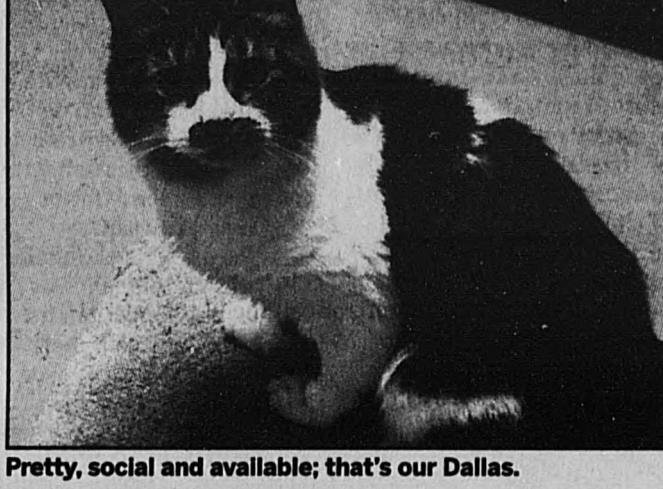
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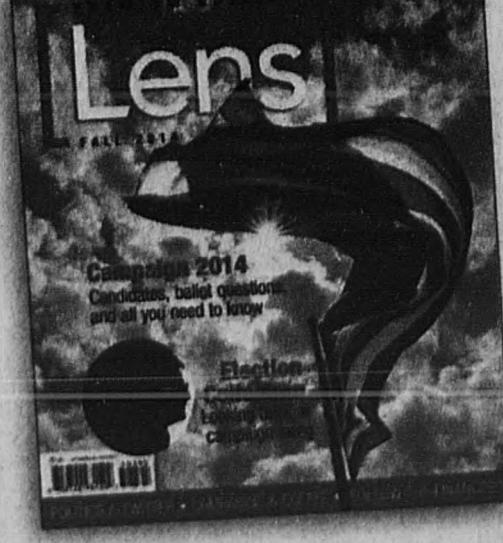
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The Week of August 25th

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WICKED LOCAL

REC CONCERT

Worley Memorial Veterans Concert

The Cohasset Recreation Concert Series on Cohasset Common continues this Thursday, August 21st, with the Satuit Band-Jack Worley Memorial Veterans Concert, sponsored by the VFW Post #9146. Based in Scituate, the Satuit Band has been entertaining audiences since 1933. The band is comprised of loyal musicians from young teens to early 80s, high school students to seasoned professionals — who donate their services — and every level in between. The band plays a little something for everyone to enjoy from the Beatles to movie scores by John Williams.

The Cohasset Farmers Market now has several vendors staying open until 5:30 p.m. (1/2 hour after the closing of the Market) to accommodate concertgoers. Those remaining open include: Coco Cousins — a smoothie and iced coffee vendor; Seeds and Songs Artisan Bakery; The South Shore BBQ Man and the Farmers Market Hot dog stand. Those vendors have great sampling of something for everyone.

Performances begin at 6 p.m. on Cohasset Common and end at approximately

The band plays a little something for everyone to enjoy from the Beatles to movie scores by John Williams.

7:45 p.m.

Also please join us for our final concert of the summer on Sunday (Aug. 31st) featuring the Armstrong Brothers Band.

The series is funded in part through the generosity of the South Shore Playhouse Associates, Inc. This program is also supported in part by a grant from the Cohasset Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency. Donations are gratefully accepted and can be made out to: Cohasset Recreation Department, Concert Fund, 41 Highland Avenue, Cohasset, MA 02025.

All performances are free, open to the public and handicap accessible. Bring a blanket or folding chairs. It's a great time for the whole family. Get some dinner and make an evening of it. Visit cohassetrec.com

BRIEFLY

Meet author Elisabeth Elo

Elisabeth Elo, author of "North of Boston" will visit the Paul Pratt Memorial Library, 35 Ripley Road, Cohasset at 7 p.m. Thursday, Sept. 25.

Ms. Elo's book talk will be followed by a Q&A session and book signing. Refreshments will be served. Free.

For more information visit the library's website www.cohassetlibrary.org or call the library at 781-383-1348.

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Joe Smith

"I would like to take this opportunity to thank my many clients who have been so loyal to me within the Volvo community over the last twenty years. I have recently accepted a position as a sales consultant with Mercedes-Benz of Hanover - a division of the Prime Motor Group. I chose Prime because their culture and philosophy mirrors my way of doing business. My commitment to customer satisfaction and strong client relations will continue to be paramount. I look forward to meeting many new clients, and welcoming all my previous clients to visit me at our brand new state-of-the-art facility and experience world-class luxury in a world-class environment."

- Pembroke Resident, Joe Smith

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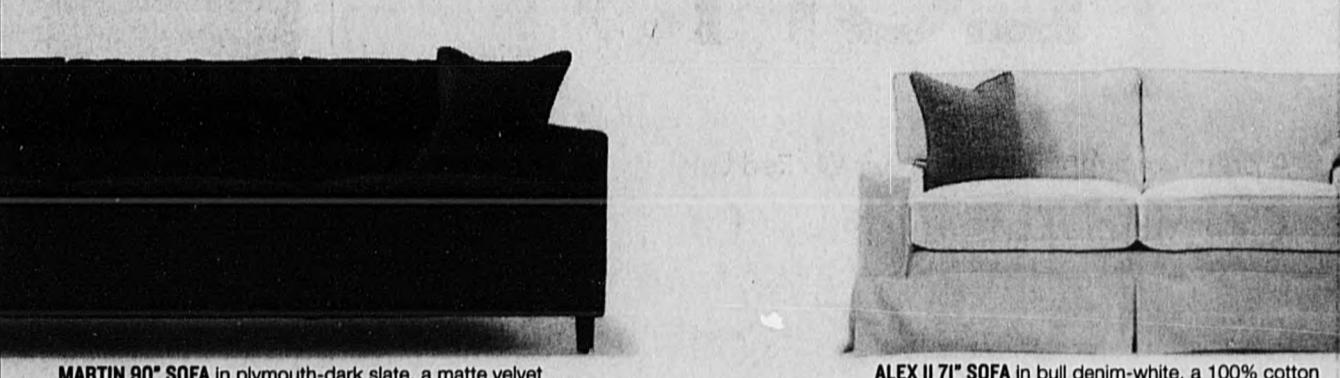
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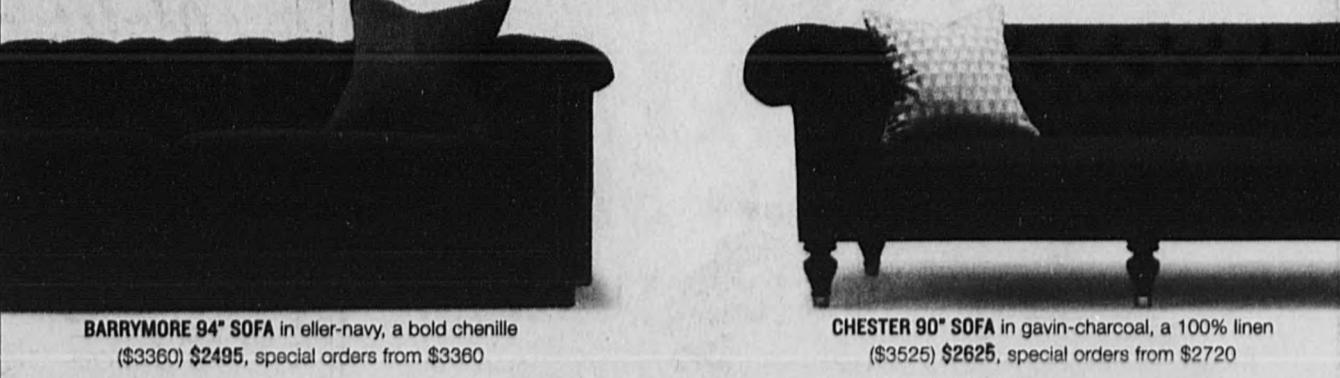
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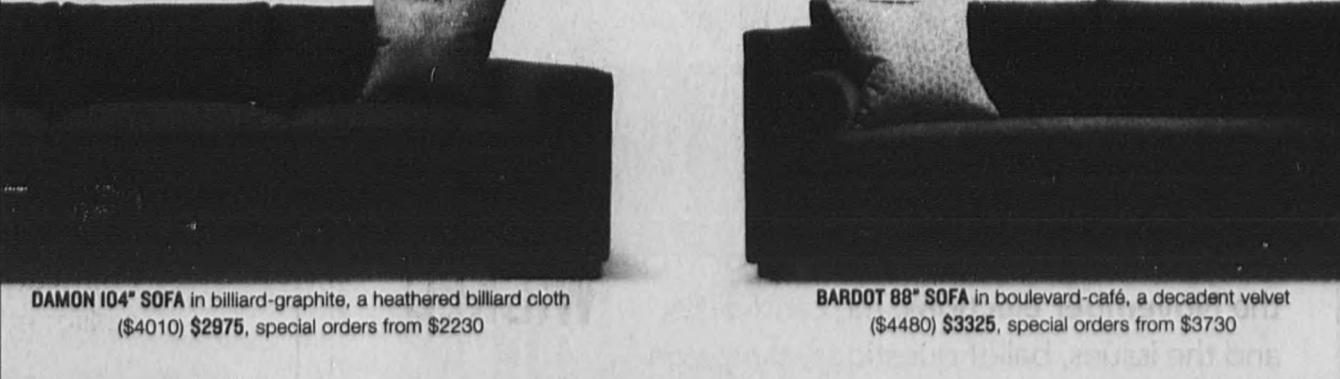
ALEX II 71" SOFA in bull denim-white, a 100% cotton (\$2160) \$1345, special orders from \$2040



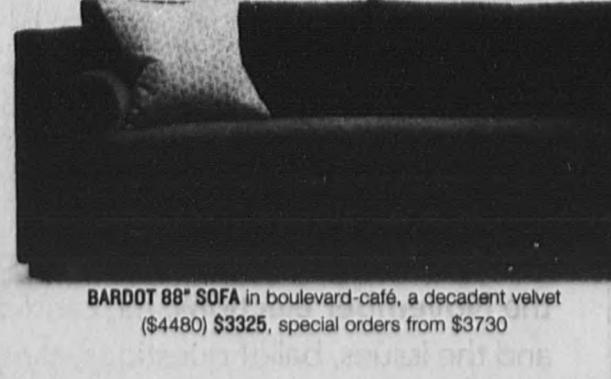
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Minot chat

We asked town officials and our Facebook friends: "What is the best use for Minots Light?"

"The US government built it as a navigational aid, a purpose it still serves. I believe the federal government should retain ownership and take responsibility for maintenance." — Selectmen vice chair Steve Gaumer

"Exactly what it is intended to be — a lighthouse." — Greg Knowles

"I wouldn't change a thing." — Chrissy Sladen McCormack

"Historical monument." — Beau Ryan

"Exactly what it is — a 'beacon of light.'" — Barbara A. Cannon



The top of the Minot Light was replaced in 1987 and the granite blocks were recycled to construct the Replica on Government Island. FILE PHOTO

LIGHT HOUSE

Continued from 1

maritime history of the Minots Ledge Light," the government auction site (www.realestatesales.gov) reads.

Although it's located about one mile offshore both Cohasset and Scituate (and

At A Glance

For more information on purchasing Minots Ledge Light, visit www.realestatesales.gov.

technically situated in Scituate waters, according to the online real estate listing, neither town has budged on making a bid.

Last summer, officials from both towns went on a site vis-

it to inspect the structure's interior. Cohasset's then Acting Town Manager Michael Milanowski raised the matter at a Board of Selectmen meeting.

Selectmen chair Diane Kennedy recalls it as a "very limited discussion" on whether the town would consider any inquiry on ownership.

Kennedy said that the price of upkeep was the reason Cohasset bowed out of bidding.

"The costs for maintaining its useful purpose was something the town could not absorb," Kennedy said in an email.

Selectmen vice chair Steve Gaumer agreed that cost was the problem; last year's board "concluded that assuming ownership of the lighthouse would bring with it a price tag we did not feel comfortable absorbing," said Gaumer.

Scituate has yet to make an offer, either.

The federal government has sold or transferred more than 100 lighthouses since 2000, with 68 transferred at no cost to preservationists and 36 sold by auction to the public, according to published reports.

Additional reporting by Jessica Trufant of the Patriot Ledger.

Did you know?

- Completed in 1850, the original design of Minots Ledge was an iron pile structure with spider-like legs drilled into the rock below the water. A violent storm surged up the New England coast in April 1851, destroying the lighthouse and killing the two keepers.
- A lightship marked the area until the [current] sturdier light tower was completed, and the second-order Fresnel lens was illuminated on August 22, 1860.
- Designed by General Joseph G. Totten of the Lighthouse Board, the new 114-foot high cylindrical tower was constructed of interlocking granite blocks. It continues to operate as an active aid to navigation. The first 40 feet of the tower are solid granite surmounted by a storage level, living quarters, workspace and a second-order lantern.
- In 1989, a replica of the second-order lantern atop Minots Ledge Light was constructed on nearby Government Island. The original Fresnel lens, which had been removed from the tower and replaced by a modern optic, is displayed inside the replica lantern. The fog bell from Minots Ledge is also exhibited.
- The original keeper's house, which was constructed on Government Island in 1858 and housed off-duty keepers and their families, underwent restoration in 1992 and 1993. It contains two apartments upstairs and a hall for community use downstairs.
- Considered one of the greatest achievements in American lighthouse engineering, Minots Ledge Light was recognized as an American Society for Civil Engineering Landmark in 1997.

Source: The National Parks Service Maritime History of Massachusetts (www.nps.gov/nr/travel/maritime).

THE LOCAL BEST

'Three Sisters' make summer harvest

Cohasset Farmers Market News

Do you know the Three Sisters? The vegetables, that is!

The "Three Sisters" are the three main agricultural crops of various Native American groups in North America: squash (usually zucchini or summer squash), corn, and pole beans.

If you know Cohasset history, you will remember that our town was settled in the 1600s and was once home to the Quonohasset Indian tribe. Most likely they grew the Three Sisters here!

The three crops benefit from each other. The corn provides a structure for the beans to climb, eliminating the need for poles; the beans provide needed nitrogen to the soil; and the squash spreads along the ground, blocking the sunlight, which helps to keep the weeds at bay.

The three sisters are perfect growing companions and perfect cooking companions (see recipe in sidebar).

In mid-August, you can find the Three Sisters aplenty at the farmers market, along with vine-ripened tomatoes, cucumbers, peppers of all colors, eggplant of various shapes, and much more. Why not try a new vegetable like kohlrabi? Just ask your farmer how to prepare it.

Vendor Spotlight: Salted
Owner Carla Marie Nee describes her business as a combination of baby boutique, nautical home décor, and artwork. The baby items, however, are the bestsellers.

Nee has been in business for four years and has participated in the Cohasset Farmers Market for the past three.

As a health-conscious mother, Nee aims to create quality, non-toxic products. You might want to pick up a baby sling or holistic teething necklace, or a piece of unique artwork for your home.

Stop by the Salted booth at the market and check out the beautiful handmade items.

Nee loves the atmosphere of the Cohasset Market, and the moms and their children running around.

Coming up:

August 21: Get your prize tomato ready — it's time for the annual Tomato Contest! Cohasset Celebrity Judges will be looking for the Best Big Tomato, the Most Unusual Tomato, the Best Small Tomato, and the Best Tomato grown by a child (12 or under). All varieties are eligible, and you can enter as many categories as you like! Each entry should be in a small paper bag with your name and contact info, the



Carla Marie Nee, owner of Salted (middle), flanked by her aunt Vicki Richardson (left) and sister Ellicia Richardson (right), showcases some of her wares. COURTESY PHOTO

Recipe Corner: Three Sisters Succotash

In this easy succotash recipe, corn, squash and beans — known as the "Three Sisters" — are as delicious married in the pot as they are harmonious in the garden. Succotash, from the Native American word *msiquatash*, referred to a winter stew made from corn and beans, but now also describes various vegetable blends, such as this delightful summer garden mix. If you find lovely patty pan squashes, you could use those instead of regular zucchini or summer squash.

6 servings, about 2/3 cup each | Active Time: 25 minutes | Total Time: 1 hour

Ingredients

- 12 ounces green beans, trimmed, cut into 3/4-inch pieces (about 3 cups)
- 3/4 teaspoon salt, divided
- 2 large ears fresh corn, husked
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon butter
- 2 small summer squash or zucchini, cut into 1/2-inch pieces
- 1/4 teaspoon freshly ground pepper
- 2 scallions, finely chopped

Preparation

1. Place beans in a large saucepan; add water to cover. Add 1/2 teaspoon salt. Bring to a boil. Cover, reduce heat to maintain a simmer and cook until the beans are tender, 20 to 30 minutes.

2. Meanwhile, cut corn kernels from the cobs. Hold an ear by its stem end in a deep bowl. Use a small sharp knife to cut off the kernels, letting them fall into the bowl. Then scrape down the cob with a small spoon, scraping the "milk" and remaining corn pulp into the bowl. (Discard the cobs.)

3. When the beans are done, drain, reserving the cooking liquid.

4. Heat oil and butter in a large, heavy skillet over medium heat. Add the corn and "milk." Stir to coat well, then add squash (or zucchini), the beans and 2 tablespoons of the bean-cooking liquid. Cook, stirring occasionally, until the corn and squash are tender, 8 to 12 minutes. Add more bean-cooking liquid if necessary to keep the mixture from sticking to the pan. Season with the remaining 1/4 teaspoon salt and pepper. Sprinkle with scallions and serve immediately.

— From Eating Well (July/August 2013).

tomato variety and the category. Please bring your entries to the Friends Table by 4:45 p.m.; judging will take place at 5.

Also on August 21, Jane Greenhood, owner of Salt & Peppered, will demonstrate the creativity of her imported blends of Composed Salts, Exotic Peppers and Herbes de Provence with suggestions to spice up the simplest and easiest dishes.

Musical entertainment will be provided by the ever-popular Ray Papile.

August 28: Julia Fagnant

of Renaissance Cooking will speak on "Food and Mood."

September 4: Photographer Margot Cheel will be on hand to share her aerial photography and her skill in seeing the unusual in the simple nature around us.

September 11: The beloved Annual Pet Parade! More details to follow.

The Cohasset Farmers Market is open every Thursday from 2-6 PM on beautiful Cohasset Common through October 16. For more info, visit www.cohassetfarmersmarket.com.

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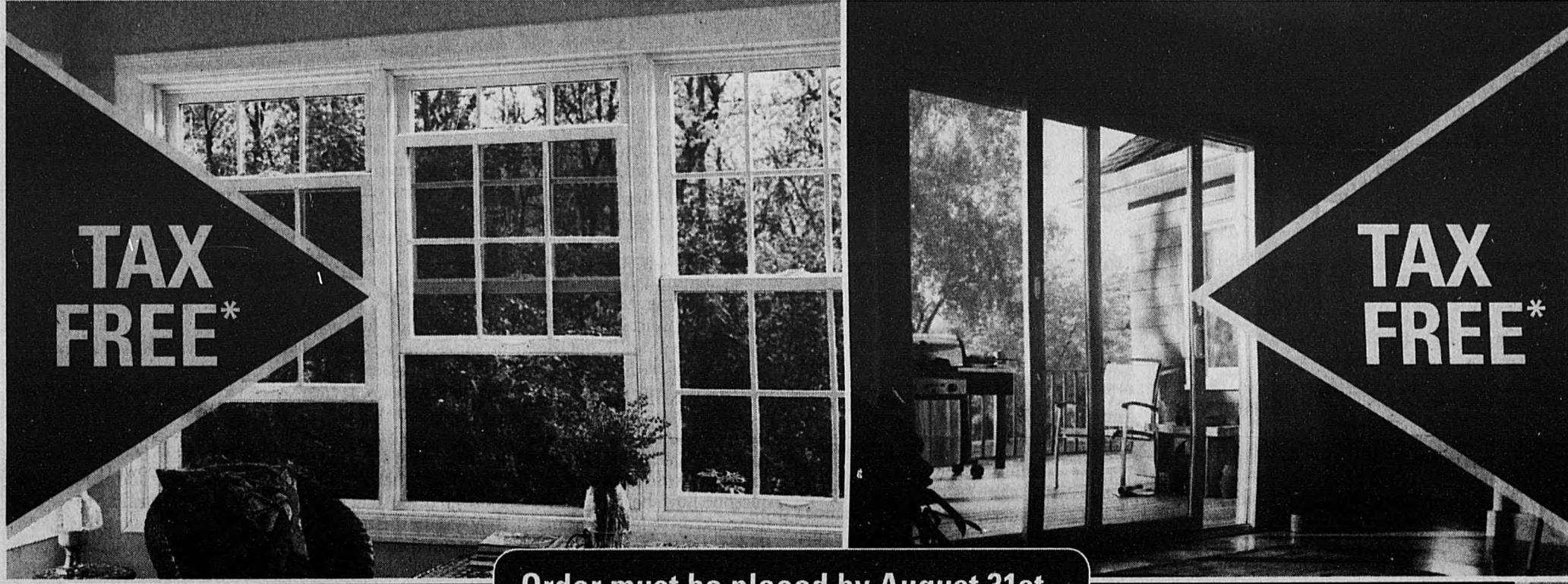
BY EPOCH

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August is TAX-FREE month* at Renewal by Andersen

You've seen it in years past, tax-free weekend gets **crazy** around here. So, rather than disappoint customers who need replacement windows but can't get an appointment during the tax-free weekend, we've extended our tax-free offer to the entire month of August. **Through August 31st only, we'll pay the sales tax on your entire order;** every window and every patio door will be tax-free!*

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- Hundreds of our customers took advantage of this same tax savings last August.
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OPINION

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com

OUR VIEW

1-4-3, Cohasset

If you immediately recognize the above sequence of numbers as meaning "I Love You" then you are most definitely a Cohasseter.

While Minots Ledge Lighthouse sits in Scituate waters – there is no question the venerable structure is part of Cohasset. For one thing Minot is easily viewed from along the Cohasset coast; in Scituate one has to be on Minot Beach and look toward the left to see the light.

Also, the lightkeepers and their families lived on Government Island. One of their homes is still called the Lightkeepers Residence and includes Bancroft Hall. The other home fell to the wrecking ball some years ago.

Minot is back in the news again, as the Coast Guard hopes to find a buyer – so here is a little history:

The lighthouse, which is listed on the National Register of Historic Places, was rebuilt in granite in 1858-59 on outer Minot's ledge after the original lighthouse toppled in a gale on April 17, 1851. It was lit in 1860 and about 30 years later, the U.S. Lighthouse Service assigned it the distinctive 1-4-3 pattern so it could be easily recognized.

The top of the lighthouse was replaced in 1987 and the granite blocks were recycled to construct the Replica on Government Island.

In June of 2007, the U.S. Coast Guard placed a memorial plaque affixed to a 5,000-pound "sinker" near the site of the 1851 lighthouse tragedy in memory of lost lightkeepers Joseph Wilson and Joseph Antoine of Cohasset.

In an article for the Mariner at the time, local historian John Galluzzo explained the storm that claimed the tower began on April 12 and raged for days, forcing Wilson and Antoine to subsist on dry bread and raw meat as their final meals. The tempest that took many ships, eroded significant portions of the N.E. coastline, and destroyed houses as far away as the Isles of Shoals off the New Hampshire and Maine coasts – has forever borne the name, the Minot's Light Gale.

The truth behind the 1-4-3 sequence – which has made its way onto bumper stickers and T-shirts, over the years – is not as romantic as the numbers have come to represent.

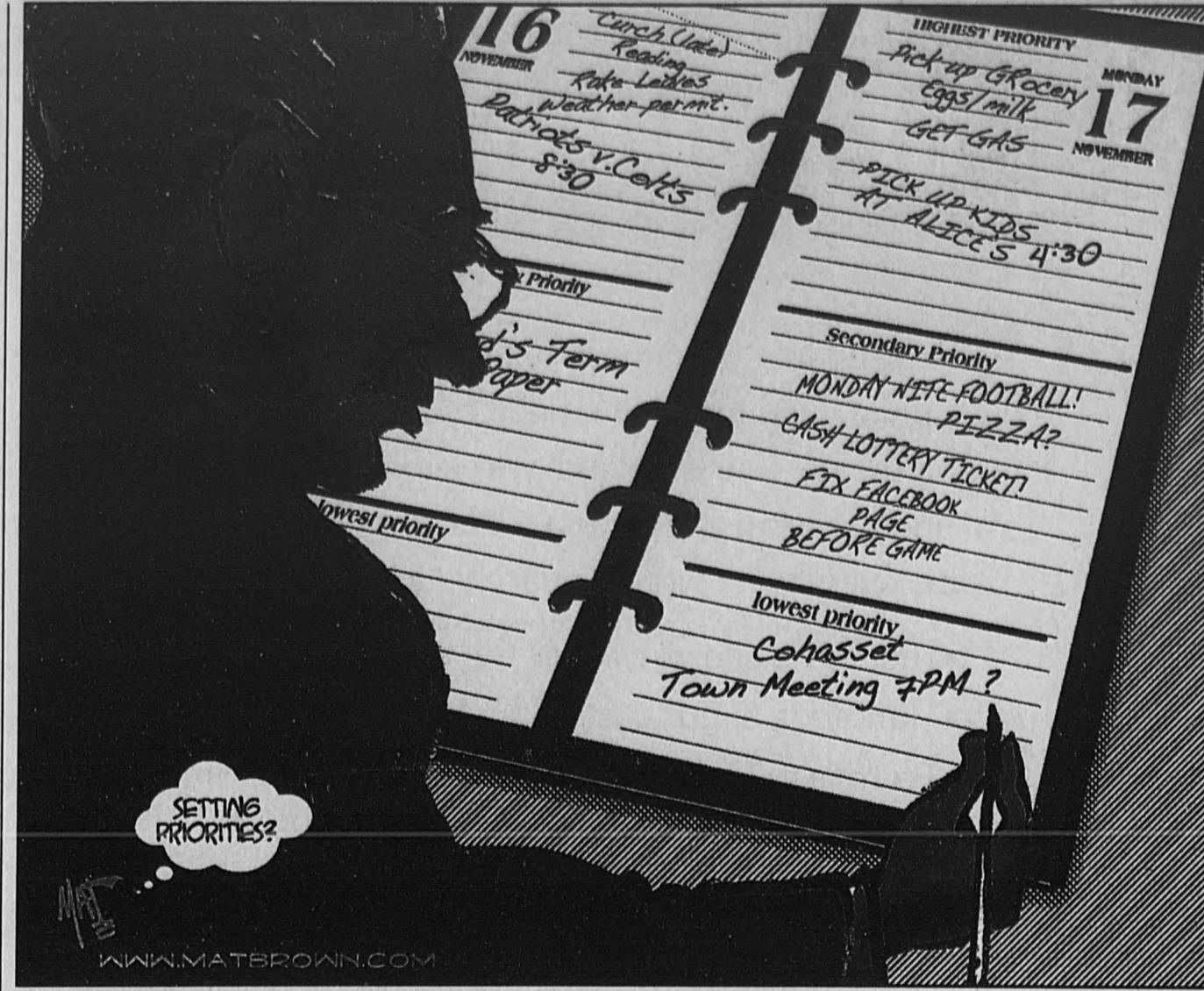
In the late 1800s, the U.S. Lighthouse Service assigned a distinctive signal to each lighthouse to aid in the identification of its location.

Nevertheless, the Light has been the subject of much poetry and prose throughout the years.

Thomas Lawson, Scituate's own "copper king," wrote a poem on the famous lighthouse for his daughter's wedding. "Lawson could see the lighthouse from the front of his Dreamwold Estate back before all the trees in the area grew up," Galluzzo wrote.

HOW TO SUBMIT

Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043, cohasset@wickedlocal.com, or fax to 781-741-2931.



LETTER TO THE EDITOR

Too many road races in Cohasset

I was somewhat surprised to see the Board of Selectmen approve, though not unanimously, another road race after what would seem to be a rather brief discussion considering the impact these events have on the townspeople. A public discussion on how the town should handle requests of this nature in the future is long overdue.

Currently we have the Cohasset Triathlon, The Junior Triathlon, The Jack Hubbard 5K, and the Rotary Club road race to name a few, not to mention various bike and motorcycle rides that go through town. Most if not all of these races benefit a charity of some sort. By far the event that benefits Cohasset the most is the Rotary race, which has

provided countless scholarships to town students for a great many years. Therein lies what I feel is one of the differences between these events and the half marathon approved for this fall. The race this fall is being staged by a for-profit organization. The sponsors have stated that the proceeds will be donated to charity, and I have no reason to doubt their word, but as Town Counsel Paul DeRensis pointed out, they are under no obligation to do so. I also question how the town businesses stand to benefit from this race as the race starts in Hull, goes along the Cohasset coast, loops briefly through Scituate, and reverses itself back to Hull. The merchants I've spoken with tell me their business is off during these various events. The proponent of the race is from Scituate, and at the risk of sound-

ing parochial I wonder why more of the race doesn't take place in Scituate. If this is such a boon to businesses, shouldn't Scituate businesses benefit too? Was Scituate considered to be included in the course, and if so, why is only a small portion of the race in Scituate compared to Hull and Cohasset? While Jerusalem Road gets busy with bicycle traffic on weekends as Chief Silvia rightly pointed out, it should also be pointed out that not all of those go through at once as they will for this event, twice if you count the return trip to Hull.

Given the number of weekends in the summer, a relatively high number of them are impacted for various events. Church services have to be moved or rescheduled, the RTF has its hours altered, the beach lot is unavailable at

times. Cumulatively these events have a large impact on the town. All the more reason for a public forum on setting a policy to address this issue before the BoS entertains any more applications of this nature.

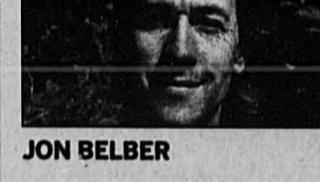
I have no problem with charities having fundraising events, but at some point the old adage that "charity begins at home" has to come into play here and the impact these events have on the town needs to be addressed. I personally would like to see a fundraiser where the charity promises that in exchange for donations, not to run, bike, swim, or in any other way affect a summer weekend.

It seems to me that we have reached the saturation point here in Cohasset.

Russell Bonetti,
20 Parker Avenue

GROWING ON THE FARM

Land and food for the people



JON BELBER

Whether the tractor is turning a far too wet field, only just now beginning to dry or the farmer is putting in a third crop (peas yield to radish who yield to spinach) in a much used farm bed, the need to grow food, and hopefully with an organic bent is more than necessary these days. One does not have to look very far to read or hear or see that the world population is growing and the availability of fresh vegetables and fruits is in high demand. In many parts of the country, scientists and engineers are developing and testing modified seed that can feed the masses.

But there are other efforts, though small that are to be heralded and repeated.

For the sake of local food sovereignty and the worldwide movements which also attempt to grow and provide equal access to healthy, sustainably produced food,

there are efforts to provide alternative means for healthy food. The principles for food sovereignty, which were discussed in a workshop I attended at the Northeast Organic Farming Association's 40th Summer conference in Amherst, Mass., are not about putting a Walmart in a food deprived area or trucking in tons of canned food to a food pantry. The principles stem from a meeting that farmers from around the world had in Mali, Africa in 2007, as well as the fact that there has been a back-to-the-land movement for years: the task of making land available for growing food for the people and the paradigm shift of producing democratic and fair control over agricultural systems.

Where and how does all that food in aisle 4 originate and arrive there? A farmer's market, with a variety of growers, brings food to people and certainly Massachusetts is right in sync with the growing trend hosting farmers markets in nearly every town. Many community gardens where residents can pay little or no costs to host a plot and perhaps even do-

nate fresh produce to the local food pantry are also slowly increasing. But are we not entering a time when there needs to be more food grown, with sustainable practices, that can better feed and nourish our neighbors nearby and neighbors in other countries where food is scarce?

This belief that people ought to have the right to quality food is evident in the folks who mow the grass. A landowner has the means, and the right to own property and thus hire a landscape company or sit on his or her own ride-on mower and mow the (of late) brown grass due to little rain and over used well-water. I will have no success telling kids who visit the farm or adults who attend workshops or folks who kindly read this column that "they must become farmers and growers."

I can introduce new perspectives of how food is grown, processed and shipped to our grocery aisles. I can expand the purpose of community gardens so that chemical fertilizers are discouraged and food yields are brought to those less fortunate. I can see

grassland at a senior center, a town common that is both plush, cared for and vastly underutilized which could in turn help solve the problems of malnutrition and hunger. Land for the tillers. As the small family farms and small organic growers seek to provide a small percentage of conscientiously and responsibly grown food, why not expand that effort as the need clearly grows? Trade in the lawn mower for an Allis Chalmers combine? Open a corner of the common to show local compassion for a global issue? There is no immediate action, other that to begin to think, start to sow seeds and see from where food grows and goes.

Jon Belber is a Scituate resident and the education director at Holly Hill Farm in Cohasset. He teaches students and adults about organic gardening and farming. His column appears twice monthly in the Hingham Journal. He can be reached by email at jbelberhollyhill@hotmail.com. For information on upcoming programs at Holly Hill, visit www.hollyhillfarm.org.

MARK YOUR CALENDAR

Free computer seminar at Registry of Deeds

Register of Deeds William P. O'Donnell will host a free informational seminar on computer assisted land records research at the Norfolk County Registry of Deeds in Dedham from 4:30 to 5:30 p.m. on Thursday, Sept. 25.

The seminar is intended for both real estate professionals and the general public. The program will include a brief presentation, written reference materials and hands-on exercises. There will be opportunities for both basic and ad-

vanced questions and answers. Computer assisted land records research is currently available both at the Registry and on the Internet at: norfolkdeeds.org.

There is no charge for the seminar, but anyone planning

to attend is asked to register by calling Alicia Gardner at 781-461-6104 or by email to agardner@norfolkdeeds.org. Include name, address, email and a daytime phone number when registering.

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YOUR REP

New domestic violence law should help victims



GARRETT BRADLEY

On July 31, The Massachusetts Legislature enacted comprehensive domestic violence legislation that was one of my major legislative priorities. On Aug. 8, the bill was signed by Gov. Patrick and is now Chapter 260 of the Acts of 2014.

Working collaboratively with Attorney General Martha Coakley, my colleagues in the Legislature, stakeholders like Jane Doe Inc. and other advocates, we crafted domestic violence legislation that creates new criminal offenses and elevated penalties, boosts prevention efforts, seeks to empower victims and establishes new employment rights.

This is a multi-pronged approach, with an emphasis on protection services, closing loopholes in current laws and education, and it is crucial as part of the struggle against violence in the home. Provisions like the six-hour delay in bail so that victims can access domestic violence related services will give prosecutors more tools, empower victims and plug in gaps that were in the system up until today.

This legislation delays bail for offenders to provide the victim with time for safety planning and authorizes the revocation of bail in certain cases. It also estab-

lishes a first offense domestic assault and battery charge. Current law includes penalties for subsequent offenses but fails to include a first offense, making the statute unenforceable.

The legislation creates a specific felony charge of strangulation and suffocation, actions that statistically indicate an abuser is more likely to commit domestic violence related homicide in the future, and establishes penalties of up to 5 years in state prison, up to 2-1/2 years in a house of correction, by a fine of up to \$5,000 or by both a fine and imprisonment.

In addition, the antiquated practice of allowing accord and satisfaction, a practice in which parties agree to a private settlement, is also abolished. Victims often feel pressure from their abuser to reconcile and are not emotionally able to resist their demands making this provision inappropriate for domestic violence related offenses. To increase confidentiality and track and identify high-risk cases, the legislation requires that police log entries related to domestic violence are kept in a separate log.

The new law takes steps to help victims recover and continue to make a living by requiring employers with 50 or more employees to allow up to 15 days of leave, with or without pay, to any employee who is a victim of domestic violence or lives with a family member who is a victim of domestic violence. Employees can use

the leave to obtain medical attention, counseling, housing, protection orders and other legal assistance. Employers can require employees to provide official documentation to certify that the employee or employee's family member is a victim of domestic violence. Under this bill, all information about the employee's leave must be kept confidential. In addition, employees must exhaust all available leave, such as vacation and sick time, before seeking leave established under this bill; however an employer may waive this requirement.

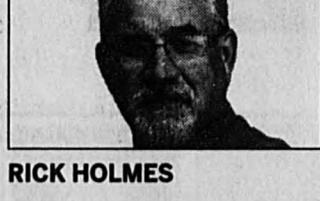
There were serious and lengthy deliberations on what language the bill should contain and why. At the end of the day, a consensus was forged and we took several giant steps in this bill toward providing the protection and resources that victims of battering sorely need.

I want to take this opportunity to publicly thank my colleagues in the Legislature and the Attorney General for their collaboration on this bill and offer my sincere gratitude to the advocates and individuals who have so courageously shared their experiences. Working together we will continue to help save lives and make a difference in addressing violence in the home.

State Rep. Garrett Bradley represents the Third Plymouth District that includes Hingham, Cohasset, Hull and one precinct in Scituate.

CAMPAIGN VIEW

Can Berwick fire up voters?



RICK HOLMES

Martha Coakley has a big lead in all the polls. Steve Grossman has organization and money, through his own campaign and a super-PAC heavily funded by his mom.

Don Berwick has a month to go and a very large hill to climb.

Berwick had momentum coming out of the Democratic convention. He was the fresh face among the three candidates for governor who made the cut. He surpassed expectations in terms of delegates won, nipping at Coakley's heels for second place. He gave the most stirring speech, with a memorable tagline: "All means all," summing up his determination to bring every citizen into the circle of opportunity, prosperity and good health.

Then came summer. Voters tune out during the summer in the best of times, but Massachusetts voters also still seem burned out by a string of high-energy political campaigns. Democrats I've talked to say they can't remember a campaign season this dead.

Berwick's momentum wilted with the summer heat, and as the days grow short, he's still running a distant third. When voters start engaging after Labor Day – if they start engaging – there will be just a week to go before the primary.

Berwick still has a good case to make, and he was making it with enthusiasm in Waltham Saturday as he opened up his MetroWest campaign office.

He makes a strong argument on issues, showing a passion and certainty Coakley and Grossman have a hard time mustering. He

started Saturday with a call for criminal justice reform: Lock up fewer people for non-violent offenses, provide treatment for addiction and mental illness, remove the barriers that keep ex-cons from becoming contributing members of society. He went on to single-payer health care, which would save billions – 15 percent of health spending is wasted on payment paperwork, he says – for businesses and government. He's the only Democrat in the race firmly opposed to casinos.

Berwick makes an argument on experience. He founded a non-profit organization dedicated to improving health care and, over 30 years, grew it into an internationally respected voice for innovation in providing services. He ran Medicare, the nation's largest health insurance provider, and received good reviews despite a tenure shortened by Washington politics. He is as passionate about modern management principles as he is about taming injustice.

Berwick makes an electability argument as well. Massachusetts voters like outsiders, especially in the governor's office. A Democratic attorney general, Scott Harshbarger, lost to Republican Paul Cellucci, in 1998. A Democratic state treasurer, Shannon O'Brien, lost to Republican Mitt Romney in 2002.

Like Deval Patrick and Elizabeth Warren – the most successful recent Bay State Democrats – Berwick is a first-time candidate who has never worked a day on Beacon Hill. Like Patrick and Warren, Berwick is a good campaigner for a novice, able to win over people he meets in small groups. He doesn't have the national following Warren brought to her U.S. Senate campaign, nor the Patrick's potential to make history as the state's first black gover-

nor. But he has a warm, avuncular personality – he's a former pediatrician, after all, skilled at reassuring worried parents – that voters should find attractive.

But Patrick never trailed in the polls after winning the endorsement of the Democratic Convention in 2006. None of Warren's would-be opponents even made it on to the primary ballot.

Berwick has a pitch to make to voters, but so far he hasn't managed to get his foot in the door.

TV ads are essential to introducing him to a larger audience, and Berwick told me his first commercials should hit the airwaves soon. How far they reach will depend on how much money he can raise. He's hoping the debates – including the Aug. 19 debate at Stonehill College, co-sponsored by MassPoliticalNews.com – will get people engaged in the governor's race. He boasts of a massive field operation of loyal door-knockers, but Coakley and Grossman say the same things about their grassroots organizations.

The big question for Berwick is the state of the Democratic electorate. In 2006, there was an urgency about taking back the corner office after 16 years of Republican governors. In 2012 they were fired up about taking Ted Kennedy's Senate seat back from that usurper, Scott Brown.

In 2014, it's hard to find that urgency. Outside the activist core and the campaign's inner circles, nobody seems fired up. Yes, it's still August, but for Berwick and other candidates back in the pack, time is running short.

Rick Holmes writes for MassPoliticalNews.com and the MetroWest Daily News. He can be reached at rholmes@wickedlocal.com. Follow MPN online and on Twitter @MassPoliNews.

VIEW FROM THE FRONT PORCH

'M*A*S*H' had it wrong



JOHN MCSHEFFREY

I truly never thought I'd be submitting this article. I began writing it last November when a dear friend of mine lost his oldest son to suicide but I couldn't bring myself to complete what started. My heart ached as I watched my friend endure the process of burying his son and coping with the aftermath. It still aches and I imagine it always will. His son's suicide was one of the most shockingly tragic events I've ever been involved in and to this day, it leaves me with a horrible feeling inside.

The news this week of Robin Williams taking his own life brought back all those feelings and I realized that I was no further along in understanding suicide today than I was 8 months ago.

Over the next days and weeks, there will be countless articles that will eloquently talk of the laughter and warmth that Robin was able to bring us all. Writers will touch on his amazing catalog of work, and try to explain how we felt a unique closeness to his roles. Unfortunately, if Robin's body of work is classic Greek Comedy, his suicide is the ultimate Greek Tragedy.

This brings me to my original article, which I've updated...

What's your favorite sitcom of all time? There are so many great ones to choose from, I am guessing your answer will depend on your age. "Seinfeld," "All in the Family," "Modern Family," "Cheers," "Happy Days" (before the Fonz jumped the shark) or even the "Simpsons" could be contenders, but not with my wife. My wife Dianna's favorite sitcom by far and away is "M*A*S*H." You've heard of "football widows?" Well I'm a "M*A*S*H" widower, living day-to-day knowing that I'll never equal up to Hawkeye Pierce. It's OK, I've learned to live with it.

For the record, I too think "M*A*S*H" is a pretty good

show, and I'm impressed how well it's held up over the years. However with all the laughs it produced, "M*A*S*H" got one thing wrong – its theme song. With its memorable guitar intro, the song titled "Suicide is Painless" is a former #1 hit, and probably the most recognizable TV theme song of all time. But, I can tell you with the utmost certainty, suicide is far from painless.

Last Thanksgiving, a very dear friend of mine lost his oldest son to suicide. The devastation that it has brought to those who loved him is almost unbearable. I truly don't believe that there are the proper words to describe the questions, the pain, the sadness and the emptiness felt by the loss of this fine young man.

There's nothing painless about watching young people crying and hugging in the cold air. There's nothing painless about watching one of the finest men I know trying to grapple with the fact that he'll never see his son again. There's nothing painless about the confusion and lifetime of questions that will linger. Suicide may be just about the most incomprehensible act imaginable.

There is an immense gap between the concept of "right to die" associated with Dr. Jack Kevorkian and the willful taking of one's own life while still healthy. Close to 40,000 people kill themselves each year in the United States. 40,000 moments of desperation that leave a path of confusion, heartbreak, despair and anger. Without a doubt, mental illness plays a role with many who chose the path of no return, as does the access to guns. Over 50 percent of all suicides are connected to the access of handguns; the success rate of suicide by gun vs. all other forms is staggering.

Depression is real, it's hard, but it can be helped. Not many of us have a full understanding of the struggles depression brings, but those who suffer have an obligation to themselves, to their loved ones and to society to seek assistance. I understand that life's day-to-day struggles are magnified

when dealing with depression, but figuratively speaking everyone gets kicked in the gut at one time or another; it's a part of living not dying.

I don't know what the parallels are between the loss of Robin Williams and the loss of my friend's son, except they've both left a path of broken hearts. I'm not a doctor nor am I trained in a relevant field to be giving advice. But I do have a heart, and at times I've had my own struggles with pain and depression. If you know someone who you think is feeling down, go out of your way to express some extra love and care. If you are someone feeling down and out, remember that it's natural and temporary;

there are so many who truly care about you and you owe it to them and yourself to reach out.

My friend Wendy shared the following on her Facebook page earlier this week about Robin Williams. "I realize I never met the man – but I can think of few who moved me to laughter and tears over the decades like him, perhaps it was because there was always the hint of melancholy behind those twinkling eyes. We have lost a true genius. May he find peace."

It's a damn shame that Robin Williams isn't seeing the outpouring of gratitude and admiration, but even more so, it's a damn shame that he doesn't see the pain and anguish of those he left behind. There are solutions: communication, compassion, a better understanding of the onset of mental health issues, and limiting the access to the means to commit such an egregious act are, just a few.

Perhaps I should have left this article alone. Perhaps it might just might encourage someone to seek support. Perhaps "M*A*S*H" was the greatest sitcom of all time – perhaps it was, but its theme song was wrong, dead wrong.

As always, thanks for reading. Nanu nanu.

John McSheffrey has been part of the Cohasset community since 2007 and can be reached at jmcne@aol.com.

VOTER REGISTRATION

Deadline for State Primary

The Town Clerk's office will be open from 8:30 a.m. to 8 p.m., on Wednesday, Aug. 20, for voter registration. Residents who wish to vote in the Sept. 9, 2014, State Primary must be registered to vote or change one's party affiliation by

that date.

Only those not registered to vote in Cohasset, or those who have moved from one address in Cohasset to another or wish to change their party enrollment will need to register.

Voters enrolled as Un-en-

rolled will remain so after choosing a ballot at the polls.

Voters enrolled in a Political Designation, may not vote in a State Primary.

For more information, call the Town Clerk's office at 781-383-4100, ext. 106.

Absentee ballots for primary available

Absentee Ballots for the State Primary on Tuesday, Sept. 9, are available at the Town Clerk's office. Only those voters who will be absent from Cohasset during polling hours, or who may have a physical disability, or whose religious beliefs prevent them from coming to the polls, may vote Absentee.

To obtain an Absentee Ballot, residents must fill

out an application with a valid signature for each voter, along with the address as to where the ballot should be mailed. Absentee Ballot applications are available online at www.mass.gov or at the Town Clerk's office.

The Town Clerk's office is open 8:30 a.m. to 4:30 p.m., Monday, Wednesday and Thursday; 8:30 a.m. to 7 p.m., on Tuesdays; and

8:30 a.m. to 1 p.m., on Fridays.

All Absentee Ballots must be applied for before noon, on Monday, Sept. 8. On this day the Town Clerk's office will close to the public at 3 p.m. to prepare for this election. For more information, call the Town Clerk's Office at 781-383-4100, ext. 106.

Aquarion eases water restrictions

Aquarion Water Company announced that since Aug. 6, its customers in Hingham, Hull and N. Cohasset resumed using irrigation systems and sprinklers one day per week.

Homes with even house number addresses can water before 10 a.m. or after 6 p.m., on Tuesdays.

"There has been a trend

toward lower water usage over the past few weeks; as such, we are comfortable with limited usage of irrigation systems and sprinklers," said John Walsh, vice president of operations at Aquarion Water Company. "We appreciate the patience and cooperation of residents during the past month in reducing water usage for irrigation."

Aquarion has informed town officials in Hingham, Hull and Cohasset that the

company is easing water restrictions.

Residents with questions about the water restrictions can contact Ronit Goldstein, community relations manager at rgoldstein@aquarionwater.com or by visiting the Aquarion Water Facebook page Hingham and Hull Water at https://www.facebook.com/HinghamWaterFacts.

WHEELS

Continued from 1

"Each family lives in one motel room," said Millard. "They have a hotplate and college [sized] refrigerator."

The Massachusetts Coalition for the Homeless estimates that the average age of a homeless person in the state is eight years old.

SOWMA currently serves over 200 students a year in 12 program sites around southeastern Mass.

These facts compelled Millard to get and stay involved – and urge others to volunteer. No prior teaching or tutoring experience is necessary.

"I had never tutored before and was not a teacher," she said.

SOWMA offers training courses for its volunteers, in Norwell, Brockton or New Bedford. Millard said that there is a two-day tutoring session in Norwell, or volunteers can do all the training at once on a Saturday in Brockton.

The next wave of training sessions will be offered between August 14 and September 23 (see sidebar for how to register).

The training is in two parts, with a new tutor orientation and a resource workshop "where they teach you how to teach," Millard explained.

Tutors are expected to commit to working with students for approximately one hour once a week (tutoring at the Norwell shelter takes place from 5:15

p.m. to 6:30 p.m. on Monday or Wednesday).

Millard said that for such a minuscule time investment, the payoff is invaluable.

"The commitment is only one or two hours a week and the rewards, as the saying goes, are priceless," she said. "You get so much more back than what you give. The potential in these innocent little children when you work with them is amazing. It's hard not to fall in love with these kids."

Now, Millard is doing her part to recruit more volunteers from all backgrounds and disciplines. "Men or women who have been in business or are scientifically oriented can help the high school kids," for instance.

Volunteers can choose which age group or subject to tutor. Those who want to help students go on to college also have a special opportunity; SOWMA is starting up a new mentorship program this fall, and will pair up a volunteer with a high school student. Mentors will help students prepare for college, from filling out applications to conducting school visits.

For those who want to tutor or mentor but can't find the time, there are other ways to help. Donations are always needed, particularly for backpacks and supplies.

SOWMA makes donating easy; you can visit the website (www.sowma.org), select the "Get Involved" tab, click "Donate," follow the link to an Ama-



Volunteer tutors for School on Wheels Massachusetts (SOWMA) work with children who are impacted by homelessness. COURTESY PHOTOS

zon Wishlist and directly purchase a backpack for a child.

Through these combined efforts, the program will continue "trying to break the cycle of poverty," said Millard, adding that she is impressed by SOWMA's efficient operations. In addition, their sensitive concern to-

ward the children and their families is palpable. It's amazing how they do it."

For more on SOWMA and how to get involved, visit www.sowma.org.

Follow reporter Erin Dale on Twitter @ErinDaleMariner.

LIBRARY CORNER

App Primer is August 26

Paul Pratt Memorial Library is at 35 Ripley Road, Cohasset. Call 781-383-1348 to register or for more information or visit the website at www.coahas-setlibrary.org.

Closed Sundays — The library will be closed on Sundays through Aug. 31. Library materials may be returned 24/7 via the book drop.

Library Book Group — Join others for coffee and discussion of Daniel Brown's book "Boys in the Boat" at 10 a.m., on Wednesday, Aug. 27. All are welcome.

Movie Matinee at the Library — Enjoy a free, daytime movie at the library at 11 a.m., on Friday, Sept. 5. The film "The Impossible" starring Ewan McGregor and Naomi Watts will be shown. Rated PG-13; 107 min. Free admission. Light refreshments donated by Shaw's of Cohasset.

Common App Primer: Attention college-bound teens and parents: College counselor Stephanie Sears will make a presentation on the ins and outs of the Common Application from 7 to 8:30 p.m., on Tuesday, Aug. 26, in the Paul Pratt Memorial Library Community Room.

FOR CHILDREN

Fizz, Boom, Read is over. Time to return summer reading logs. One dollar will be donated to the Cohasset Working Dog Foundation, www.coahas-setworkingdog.org, for each reading log returned.

Thanks to all the children that participated in Fizz, Boom, Read.

A special thanks to The Friends of the Cohasset Library for generously funding the summer reading program.



Volunteer tutors needed

The mission of the School on Wheels of Massachusetts (SOWMA) is to educate children impacted by homelessness by supplying academic support and one-on-one mentoring so children can reach their full potential in school and in life.

In October, the program, which currently serves 15 families in the Norwell shelter, will expand to the Super8 Motel in Weymouth, where 70 homeless families reside.

Volunteers, both women and men, are needed to tutor K-12 graders just one or two hours a week. Each volunteer is a role model, assigned permanently to one child whenever possible, and close bonds are frequently established.

No experience needed

- No previous teaching experience is necessary. Mandatory training sessions in either Norwell or Brockton prepare volunteers well, and an on-site professional coordinator supports tutors each week.

- The training program includes a two-hour tutor orientation and a two-and-a-half-hour resource workshop. They need not be completed on the same day.

Training

• Training in Norwell will take place at St. Helen's Parish Hall (383 Wash-

ington Street) with the orientation class on Monday, September 8 from 6 to 8 p.m. and the Resource Workshop on Wednesday, September 10 from 6 to 8:30 p.m.

- Many other sessions both mid-week and on Saturdays are scheduled at the School on Wheels office in Brockton (790 West Chestnut Street).
- To register for training and tutoring and for more information on the many services provided by School on Wheels, visit www.SOWMA.org, contact Robin Gilbert, Operations Director robin@sowma.org (508)587-9091, or call Betsy Millard (781-383-6180) to learn of her experience as a volunteer.

Why?

- Children experiencing homelessness are 4 times more likely to show delayed development, have twice the rate of learning disabilities, and are 9 times more likely to repeat a grade.
- The average age of a homeless person in Massachusetts is eight years old.
- Fewer than one in four homeless teens will graduate from high school, but 93 percent of SOWMA's high school students do.
- SOWMA celebrated its first college graduate in June, and 27 more are in college at this time.

Beacon Hill Roll Call



By Bob Katzen

bob@beaconhillrollcall.com

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If you have any questions about this week's report, e-mail bob@beaconhillrollcall.com or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) * Not every item is voted on by both House and Senate

THE HOUSE AND SENATE: Beacon Hill Roll Call records the votes of local representatives on three roll calls and local senators on five roll calls from the week of August 4-8.

\$1.31 BILLION CAPITAL PROJECTS (H 4362)

House 147-3, Senate 40-0, approved and Gov. Deval Patrick signed into law a \$1.31 billion capital spending bill that would allow the state to borrow funds for various projects including \$378 million for general state facility improvements; \$312.5 million for health and human services state facility projects; \$25.5 million for accessibility improvements at state facilities; \$50 million for the Massachusetts Cultural Fund; \$60 million for State Police cruisers; \$151 million for library projects; \$15.6 million for cities and towns to renovate police and fire stations; and \$20 million each for renovation and repair to the Senate and House chambers.

Hundreds of millions of dollars of earmarks to fund projects proposed by individual legislators for their districts were also included in the package. In reality, the projects are actually more of a "wish list." The Patrick administration is required to adhere to the state's annual bond borrowing cap and ultimately decides which projects are affordable and actually get funded.

Supporters said the bill is a fiscally responsible one that will fund important projects while maintaining the state's excellent bond rating.

Opponents urged the Legislature to rein in spending and said the state's debt is one of the highest in the nation and will be a huge burden to our children.

(A "Yes" vote is for the bill. A "No" vote is against it.)

ECONOMIC DEVELOPMENT (H 4377)

House 144-9, Senate 40-0, approved and sent to Gov. Patrick an economic development package which includes a sales tax holiday allowing consumers to buy most products that cost under \$2,500 on Saturday, August 16, and Sunday, August 17, without paying the state's 6.25 percent sales tax.

Other provisions include \$2.5 million for loan guarantees to small businesses; \$10 million for brownfields redevelopment; \$2 million in the Talent Pipeline initiative that encourages students and young innovators to get a head start on their futures by matching stipends for interns at innovation start-ups; \$1.5 million for MassVentures to fund early-stage, high-growth startups in Massachusetts as they move from concept to commercialization; creation of a program to increase consumer demand and preference for local seafood products; and requiring a study of the possibility of Massachusetts hosting a major NASCAR event.

Supporters said the package would bolster the economy and create jobs. They noted it will encourage private sector investment, support the manufacturing sector and expand economic opportunity beyond I-495.

Opponents said that government cannot fix the economy by throwing money at it. They said they favored proposals that would reduce taxes, cut regulations and create greater predictability for the business community.

(A "Yes" vote is for the bill. A "No" vote is against it.)

\$1.9 BILLION ENVIRONMENTAL BOND BILL (H 4375)

House 151-2, Senate 39-0, approved and sent to the governor a \$1.9 billion environmental bond package allowing the state to borrow funds to finance various environmental projects including \$75.7 million water and air quality protection; \$48.8 million for the design, construction and repair or removal of municipally-owned dams and \$20 million for state-owned dams; \$30 million for the dredging of coastal public harbors; \$20 million for the acquisition of open space, recreation and conservation land; \$255.4 million for the construction and improvement of reservations, forests, parks, harbor islands and other recreational facilities; and \$312 million to improve the energy efficiency of state-owned facilities.

The measure includes dozens of earmarks costing hundreds of millions of dollars proposed by individual representatives and designed to fund projects in their districts. The projects are actually more of a "wish list." The Patrick administration is required to adhere to the state's annual bond borrowing cap and ultimately decides which projects are affordable and actually get funded.

Supporters said this landmark environmental legislation package is a fiscally responsible one which will help the state and local communities improve the environment. They argued it is fair and balanced and provides for important projects in all parts of the state.

Opponents said the package, pushed by the Democratic leadership, is loaded with unnecessary spending, particularly in districts where Democratic legislators have Republican challengers in November. Others said the state already has the highest debt per capita in the nation and argued more borrowing will devastate our children's already debt-ridden future.

(A "Yes" vote is for the bill. A "No" vote is against it.)

FLAG FOR FAMILIES OF FALLEN POLICE OFFICERS (S 2344)

Senate 40-0, approved and sent to the House a bill providing a Massachusetts state flag to the family of any state police officer killed in the line of duty. The flag would be presented at the funeral.

Supporters said this would help honor these brave heroes who put their lives on the line every day and make the ultimate sacrifice.

(A "Yes" vote is for the bill.)

PROTECTING ANIMAL WELFARE AND SAFETY (PAWS) (S 2345)

Senate 40-0, approved a bill increasing the prison time and fines for committing animal abuse. The measure increases the fine for a first offense from a maximum of \$2,500 to a maximum of \$10,000 while raising the maximum prison sentence for a first offense from five years to seven years. Under current law, the fines and prison sentences for subsequent offenses are the same as first offenses. The bill increases the fines and prison time for second offenses to a maximum of ten years and a fine of \$20,000.

Other provisions require veterinarians to report suspected animal abuse and create a special taskforce of experts to review methods to prevent animal abuse and punish those who commit it.

The bill was filed in response to the "Puppy Doe" case in which a dog was euthanized after she suffered extensive injuries, including a stab wound to her eye and burns to her body.

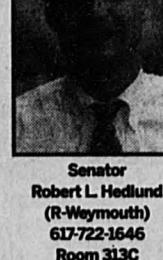
Supporters said the Puppy Doe case is one of many similar cases that have occurred in the state. They argued it is time to increase the punishment and fine for those who commit such heinous crimes.

Some animal advocacy organizations, while applauding the increased penalties, have expressed concern about removal of a provision from the original bill that would have created an animal abuse registry. They say that without this important provision, shelters, breeders and pet stores, as well as people seeking new homes for their pets, can't know whether the person to whom they give or sell vulnerable animals has a history of animal abuse and neglect.

Supporters of the bill said that the task force will look into creating an animal abuse registry.

The House subsequently approved a similar version of the Senate bill on a voice vote without a roll call. The House version now goes to the Senate for consideration.

(A "Yes" vote is for the bill.)



Senator
Robert L. Heddle
(R-Weymouth)
617-722-1646
Room 313C



Representative
Garrett J. Bradley
(D-Hingham)
617-722-2520
Room 479

Volume 39

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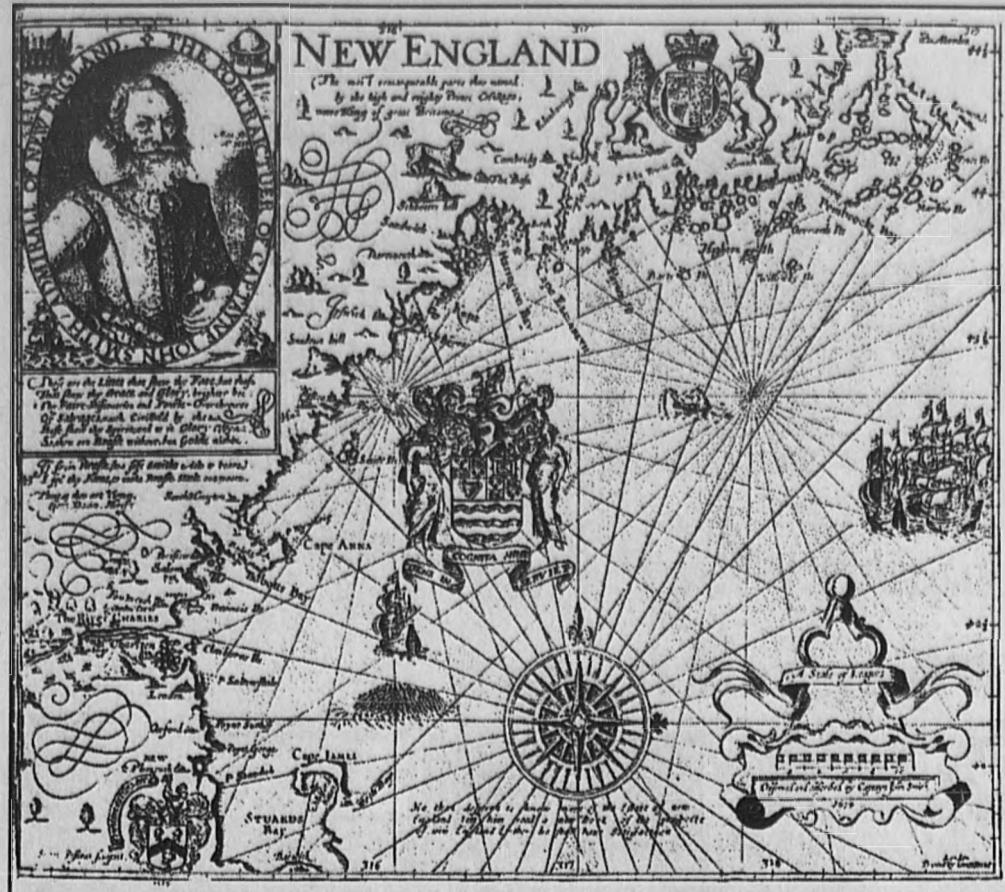
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Captain John Smith's map of New England (1616) will be showcased on a new sign by the harbor to mark the 400th year anniversary of his landing in Cohasset. COURTESY IMAGE

JOHN SMITH

Continued from 1

There will even be a speech from Captain John Smith himself – or rather an actor portraying Smith.

Two speakers are also scheduled: Neal Salisbury, professor, author, and expert on Native American and colonial-revolutionary North American history at Smith College; and Linda Coombs, program director of the Aquinnah Cultural Center and author and historian from the Wampanoag Tribe of Gay Head on Martha's Vineyard.

Both are scheduled to speak at 1 p.m. at Lawrence Wharf on the 13th; however the subcommittee discussed having the presentations at Town Hall instead.

Senior gave permission to have the Town Hall utilized for the day, and suggested the commission work with Elder Affairs Director Coral Grande to arrange using the town's senior shuttle buses to take folks to the harbor.

However, those who want to walk to various activities and exhibits on the day of the celebration are encouraged to do so.

"Everything is in walking distance," said subcommittee member Frans Collins.

There will also be a Captain John Smith exhibit on display at the Historical Society (106 South Main Street) throughout the month of September, featuring projects by Cohasset Osgood, Deer Hill and Middle-High School students.



"Algonquian Indians Fishing," an engraving by Theodor de Bry, based on an original drawing by John White (1590). This image will be displayed on a sign by the Lawrence Wharf Pavilion to commemorate Cohasset's original inhabitants, the Quanohassett tribe.

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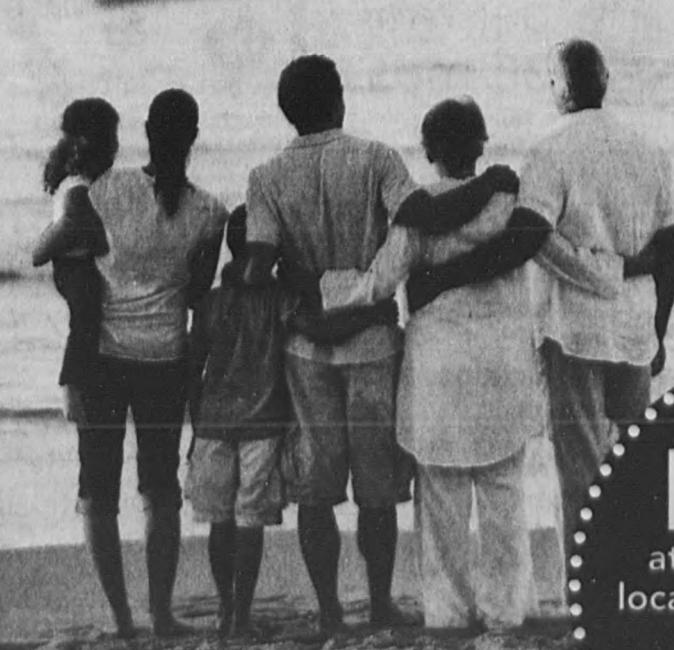
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*There's still plenty
of summer left to*

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SPORTS

QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com**SPORTS NOTES****Send your stuff**

William Wassersug is the Sports Editor for the Cohasset Mariner.

Please send your stories and photos or story ideas to wwassersug@wickedlocal.com and follow him on Twitter @scifisportsguy

BASEBALL**Cohasset Baseball registration open**

Registration for the CYBSA's fall baseball season is open through August 31. "Fall Ball" is a relaxed baseball season with games held only on Sundays at the Barnes fields.

The season will run 7 weeks, from September 13 through October 25, with playoffs the weekend of November 1.

Depending on the number of participants, there will be three leagues based on the player's age on April 30 of 2014: a 5/6 league, a 7/8 league, and a 9/10/11 league.

Please refer to the CYBSA website at CYBSA.net for expected game times and registration information.

FIELD HOCKEY**Coaches wanted**

Cohasset Youth Field Hockey is looking for coaches for the upcoming season.

Previous coaching experience is preferred and coaches should be current or former players.

Beth Marsden Gilman at bmarsden62@gmail.com

YOUTH HOCKEY**Coastal Stars registration**

The Coastal Stars U6 (Instructional) Youth Hockey registration for the 2014-15 season is now open at www.coastalstars.com. Instructional hockey is typically for boys and girls who have previously participated in some form of learn to skate program and are ready to begin playing hockey, although no prior experience is required to register. All players born Jan. 1, 2008 and later will be required to play U6/Instructional for the 2014/2015 season.

The cost for U6 will be \$695 for the season, and will include a weekly game and practice.

The Coastal Stars Youth Hockey Program is a non-profit organization that offers the children of Marshfield and Cohasset the opportunity to play hockey.

Contact Instructional level director Derek Holte at derek@derekholte.com with any questions regarding the Coastal Stars Instructional program.

WOMEN'S BASKETBALL

Goin' pro

Tori Lehr signs to play pro hoop in Denmark

By William Wassersug
wwassersug@wickedlocal.com

Cohasset's Tori Lehr is no stranger to playing big-time basketball games. She's played in State Championship games at the TD Garden while she was at Cohasset, and then played four years of college ball at St. Anselm.

She'll be taking her game to a new adventure in a few weeks (Aug. 23) when she'll

head to Denmark to play professional basketball for SISU Basketball a club based out of Gentofte, which is a suburb of Copenhagen. SISU has captured the regular season and tournament league crowns, as well as the Danish Cup, each of the past four seasons.

A Northeast-10 Second Teamer and ECAC All-Star last season, Lehr started all 27 games and averaged 14.9 points and 10.1 rebounds per game, while shooting 48.6

ALSO INSIDE

CALENDAR

'Sea and Shore'
on exhibit at Front
Street Art Gallery

31



Cohasset's Tori Lehr has signed a professional contract to continue her hoop career overseas in Denmark. She will join SISU Basketball, a club based out of Gentofte, which is a suburb of Copenhagen. PHOTO/SAINTE ANSELM ATHLETIC DEPARTMENT

percent from the field. Lehr, who produced 14 double-doubles to top the conference, tied for the league lead in rebounding, ranked eighth in scoring and was tied for 11th in shooting.

Lehr played in 89 career

games in a Saint Anselm uniform, averaging 7.8 points and 5.6 rebounds per contest, while knocking down 46.7 percent of her shots from the floor.

Lehr, the chance to continue her basketball ca-

YOUR NEWS

Fun Day
at the Sailing Club

22

reer was something she couldn't pass up.

"It was a dream of mine that I had given up on," Lehr said Tuesday. "I wasn't doing as well as I had hoped. You can tell by my stats the first

SEE PRO, 19

FIELD HOCKEY

Passing it down

High schoolers teach sport to younger players

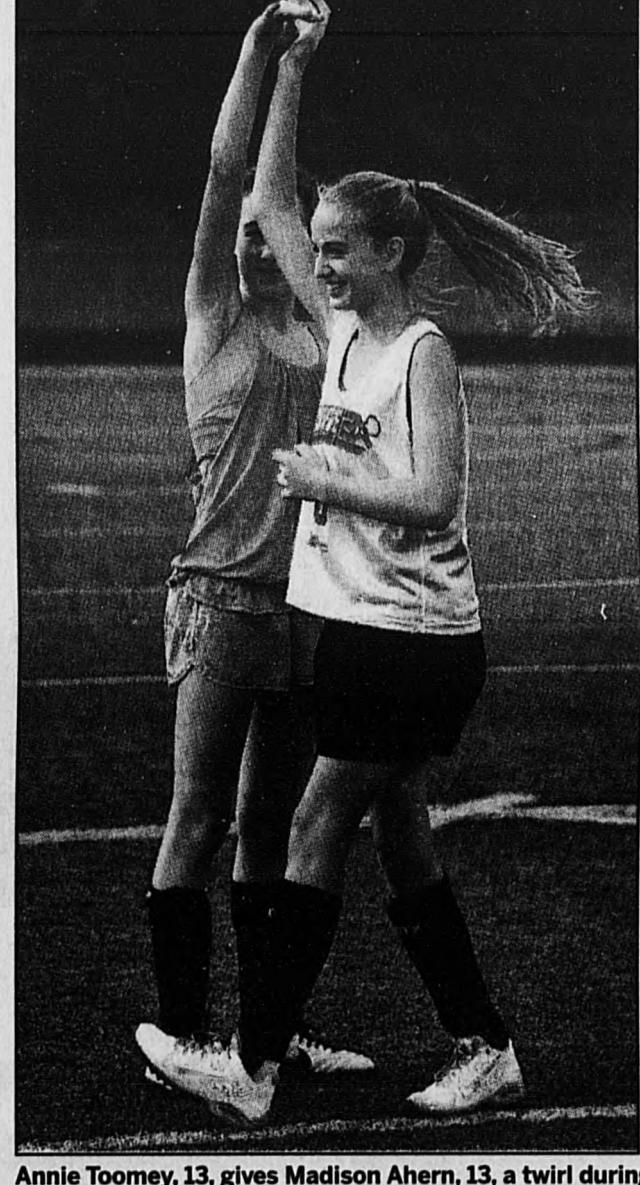
The Cohasset High School field hockey team held a clinic for younger players this week at Alumni Stadium. The varsity players led upcoming players in skills exercises, team bonding and shared their love of the sport.

Cohasset Mariner photographer was on-hand Monday to capture the fun. For more photos, see Page 18.

Staff Photos by Robin Chan



Annie Toomey, 13, tries to get around Page Hewitt, 12, during a 3 v. 2 drill.



Annie Toomey, 13, gives Madison Ahern, 13, a twirl during a sister/sister game which is a team bonding exercise.

GIRLS HOCKEY

Czech it out

Local girls win bronze at Czech Ice Hockey Challenge Cup Tournament

Local Girls from the South Shore represented North America and captured the Bronze medal at the Czech Ice Hockey Challenge Cup Tournament in Prague, Czech Republic.

The North American Stars Women's Ice Hockey Team captured the Bronze medal in the Czech Hockey Challenge Cup which took place in Prague, Czech Republic August 4-9.

The North American Stars Women's ice hockey team consists of girls, age 14-22 from the North American continent including players from California, Connecticut, Michigan, Massachusetts

and parents traveled from North America and met in Prague, Czech Republic to compete in the International tournament.

setts, and girls from Ontario and Montreal, Canada.

Several girls from the South Shore, including five members of the Boston Lady Scorpions team were on the team, including Arianna Bacon from Milton, Kristina

SEE HOCKEY, 19

SWIMMING

Sailfish swimmers shine

Swim team finishes in top four at Swim League Summer Championships

The Cohasset Mariner

Over the weekend of August 8 and 9, the Sailfish Swim Team competed in the South Shore Swim League's Summer Championships held at Duxbury Yacht Club on Friday and the Kingsbury Club on Saturday. In the Senior Championship on Friday the Sailfish 11-and-older swimmers finished in first place out of the 10 teams and on Saturday the Sailfish 10-and-younger swimmers finished in fourth place.

The team's overall place, after combining points from both meets, placed Sailfish in fourth place out of the ten



The Sailfish Swim Team takes a moment for a photo during the South Shore Swim League Senior championships at the Duxbury Yacht Club, Friday. The Senior Championships were for swimmers age 11-and-older. COURTESY PHOTO

teams competing. The team achieved their goal of finishing in the top five teams in only their second year of competing.

Cohasset Swimmers on the team include: Caroline

Brinsey who helped her free relay to a first place finish and her medley relay to a second place finish.

Brayden DiBona was 20th in the 25 fly and helped his

SEE SWIMMING, 18

Fair Opens Friday
August 15th at
Noon

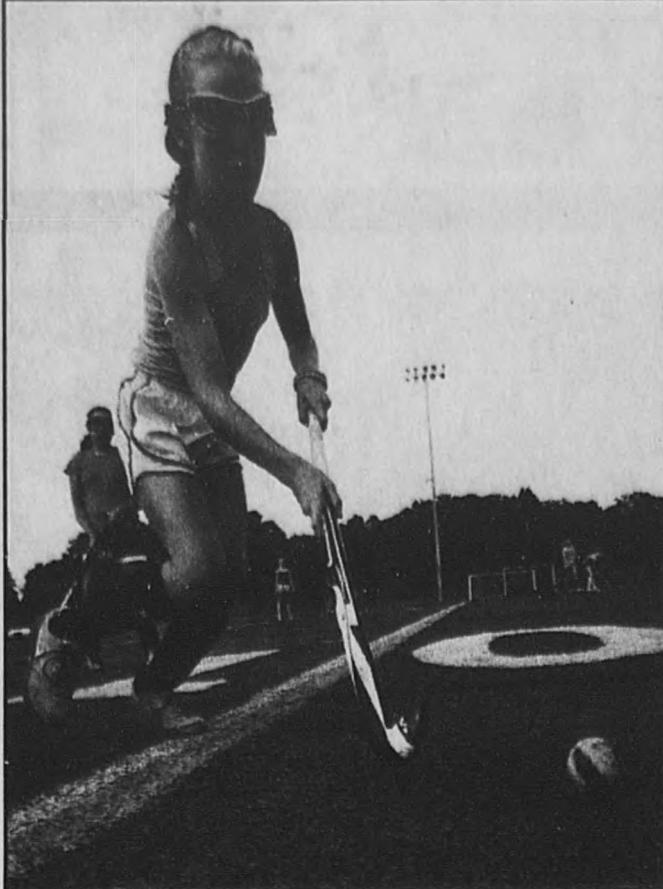
www.MashfieldFair.org

August 15-24

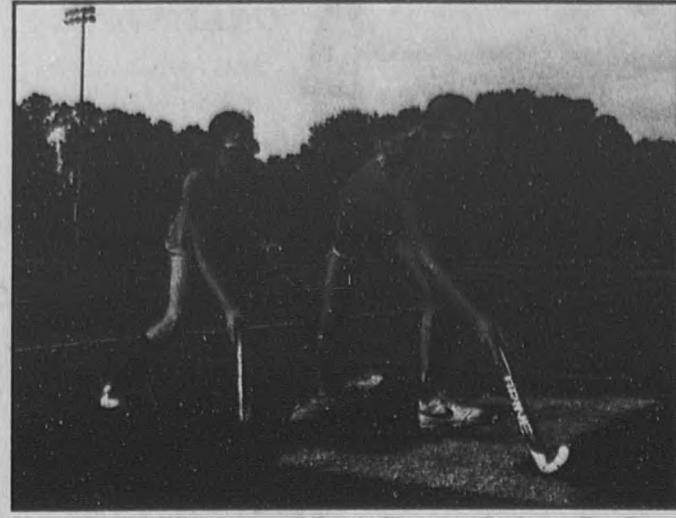
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Friday 8/15
Battle of the Bands
Demolition Derby

Saturday 8/16
Country, Roots
& Rock Day
Truck Pulling



Kate Cunning, 11, heads to the net during a 3 v. 2 drill.

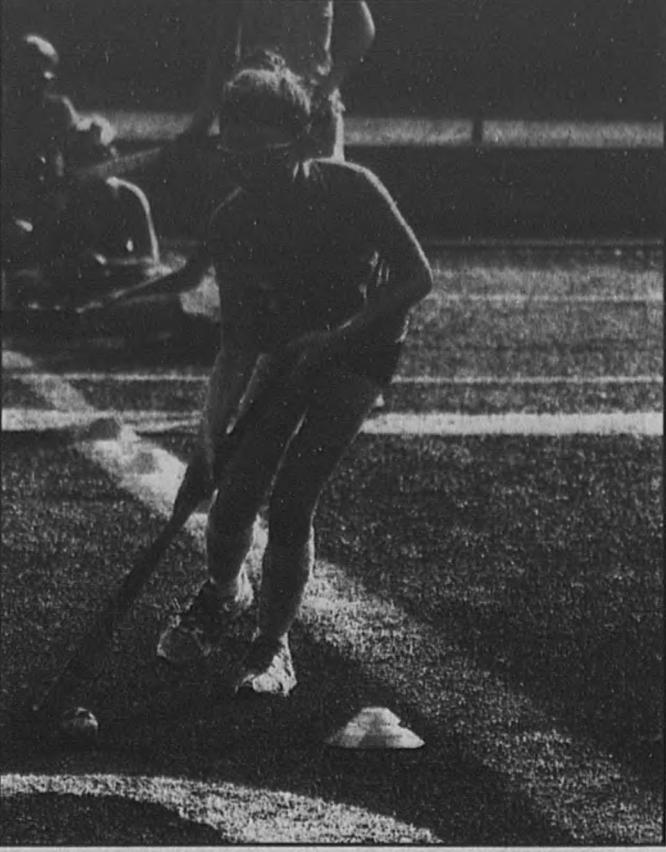


Page Hewitt, 12, gets past Annie Toomey during a 3 v. 2 drill on Tuesday.

Passing it down

High schoolers teach sport to younger players

Staff Photos by Robin Chan



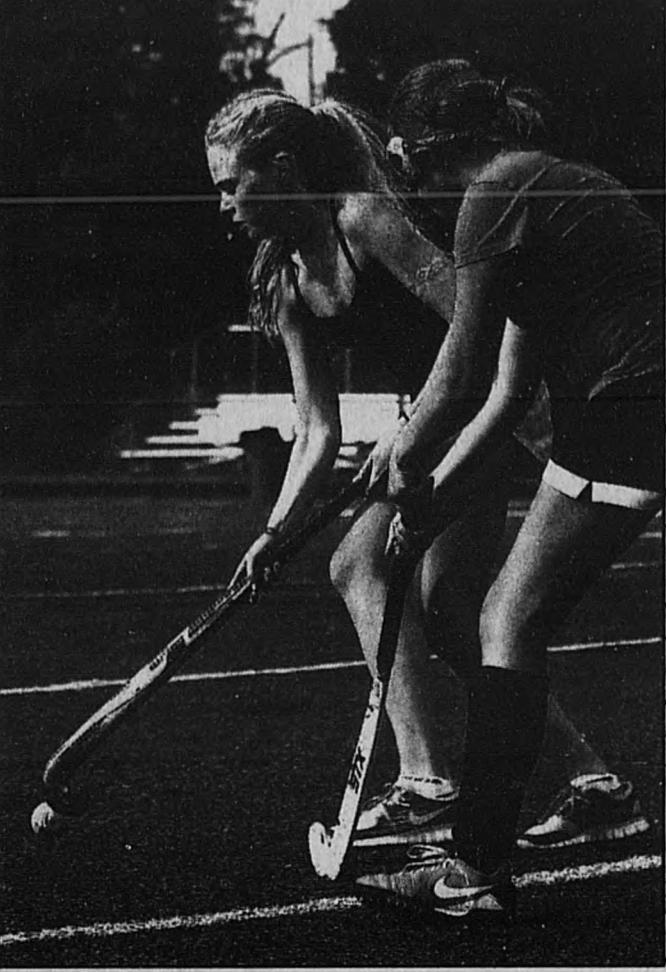
Elizabeth Toomey, 11, races up to the cones during an agility relay race against the other campers in the field hockey clinic.



Kate Cunning, 11, sprints up the field with the ball during a 3 v. 2 drill.



Piper Finn, 11, and Karolina Simmons, 11, do a prom pose together during a team bonding exercise called sister/sister.



Junior Molly Cunning and a captain on the high school team looks to get past Annie Griffin, 13, during a 3 v. 2 drill.

SUPPORT THE JIMMY FUND

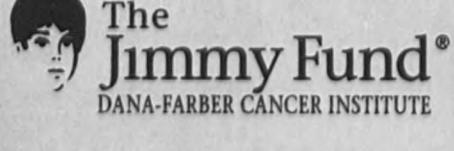
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The Salfish Swim Team takes a moment for a photo during the South Shore Swim League Junior Championships at the Kingsbury Club, Saturday. The Junior Championships were for swimmers age 10-and-younger. COURTESY PHOTO

SWIMMING

Continued from 17

free relay to a third place finish while his older brother Del was fourth in the 25 breast and seventh in the 25 back.

Phoebe Fusco finished 29th in the 25 breast and helped her free relay team to a 16th place finish.

Claire Harvey was ninth in the 25 back and she led off the medley relay to a ninth-place finish as well.

Brian Hixson had a third place finish in the 25 back with a personal best time and a sixth place finish in the 25 fly.

Holiday Host was part of the winning 8 and under girls free relay and her medley relay was second and Holiday was second in the 25 fly and 25 back; Mason Joyce finished 11th in the 25 breast and 21st in the 25 back and her younger sister Julia helped her relay teams to 15th and 16th place finishes.

Isabella Lima, swimming in her first championship meet had a tenth-place finish in the 25 back scoring seven points for her team and she was also 22nd in the 25 free.

Charlotte Richter helped her relay teams finish 15th and 16th while big sister Isabella was 19th in the 25 back and 21st in the 50 free and her relays were 12th and 13th.

Isabella Smith finished 15th in the 25 back and 20th in the 25 fly and was on the third place medley relay team; Zach Smith was part of both 8 and under boys third place relay teams as well as finishing fourth in the 25 fly with a two-second drop in time and fifth in the 25 breast also with a best time; and Max Stevens was on the two third place 8 and under boys relays and he was sixth in the 25 fly with a best time that dropped two seconds and 10th in the 25 free.

THE COHASSET SOCCER CLUB

Invites you to support a fund raising soccer clinic for ages 6 to 15 yrs. old on Monday, August 18th from 5:30 PM to 7:30 PM at Milliken Field. Rain date is Tuesday, August 19th. The cost of the clinic is \$25 per player and the proceeds will be used to fund the Cohasset high school varsity soccer programs this fall.

Boys varsity soccer coach Jim Willis and girls varsity soccer coach Deb Beal and their varsity high school teams will be on hand to oversee the clinic. Skills and drills, 1v1, 2vs2, 3v3, goalie skills and numerous other technical foot/ball skills & drills and fun activities will be demonstrated and practiced.

So bring your players (daughters and sons) out for this great fund raiser to meet the girls and boys varsity soccer teams and get ready for the 2014 fall soccer season. Registration begins at 5:00 PM and the skills and drills clinic begins at 5:30. All ages between 6 and 15 are welcome and will be well supervised and age coordinated. The clinic will end promptly at 7:30 PM.

For further information Contact Jim Willis at JWillis@CohassetK12.org or at 339-793-3722

SWIMMING



Cohasset Swim Center lifeguards participated on Friday in the Ice Bucket Challenge to benefit the ALS Foundation. Participating are Ryan McGovern, Greg Berube, Anna McCarthy, Andrew Barrett, Caitlin Mavilla, Kayla Orner and Kate Griffen.

ICED

Courtesy photos

Right, Cohasset Swim Center lifeguards enjoy the last day of lessons with young swimmers on Saturday.



HOCKEY

Rangers upend Canadiens

South Coastal Hockey League roundup

By Mark Ducharme
Correspondent

The tough part for the Canadiens in the Classics Div. of the South Coastal Hockey League was that it appeared that they were on their way to an opening game win and avenge a playoff loss to the Rangers this past Spring.

The Canadiens, behind the hat trick of Bob McCabe of Pembroke grabbed a 3-1 lead in the second period. However, the Rangers rallied to tie the game, 3-3 on a Lou Sideropoulos goal with 3:04

left and pull the game out in a shootout with a Bob Sideropoulos goal to pull out a 4-3 come from behind win.

Bob Sideropoulos finished the game with two goals and an assist and Chad Sullivan added a goal for the Rangers.

Kirk Souza had three assists and Tom Smith of Marshfield added two assists for the Canadiens.

The Rangers won the shootout 2-1.

The Ryan brothers combined for three goals and two assists to lead the Saints to a 5-2 opening game Legends

Div. win over the Sharks.

Charles Ryan scored two goals and set up another while his brother Mike had a goal and an assist in the game.

John Davey and Jim McNeill both had multiple points in the opening game for the Saints. He scored a goal and set up two others while McNeill had two assists. Jim Donnelly also scored the other goal for the Saints in his first game with the team.

Art Riccio and Tom Krall of Hanover scored the goals for the Sharks. Krall also added an assist in the game.

PRO

Continued from 17

three years compared to my senior year. My senior year was much better. We had a new coach (Julie Plant) and she really helped. She understood my style of play."

Plant was thrilled for Lehr.

"Tori's worked so hard. I was only lucky enough to coach her this past season," Plant said in a St. Anselm video (<http://www.saintanselmhawks.com/sports>).

"Just seeing how passionate she is about the game and how much she's willing to do extra and just the work she put in this year to have the year she did it's just a testament to the type of character she has. She's a great kid she's so athletic. She can score in a lot of different ways. She runs the floor so well. I can com-

pletely see her playing at the professional level and doing very, very, very well. So, I couldn't be more proud of her. This is an outstanding opportunity for her to continue her career. It couldn't have happened to a greater kid."

When Lehr joins SISU, she'll stay with a host family, who have two daughters that play basketball as well.

She's excited about the new chapter in her basketball career.

"I'm very excited," she said. "The team I'm playing for has won the Danish Women's Basketball championship the last four years."

Games start Sept. 1 and she could be playing into April if the team does well in the playoffs.

Lehr feels she's ready to go.

"I've been playing all summer," she said. "I've played pickup games and have been working out."

As for the move, Lehr is

preparing herself.

Note: Information from St. Anselms athletics website was used in this article.

"I'll have to make sure I have the right gear for the weather," she said. "I'll get rainboots and stuff. I'll also make sure I see people before I leave. A lot of people I've talked to said Denmark is very friendly, and everyone pretty much speaks English. I've never been to Europe. I'm very excited."



The North American Stars Women's ice hockey team won a bronze medal at the Czech Hockey Challenge Cup in Prague, Czech Republic, August 4-9. Among the members of the team were players from the Boston Lady Scorpions, including Cohasset's Olivia Leong (No. 8) and Notre Dame Academy coach Ben Leong. COURTESY PHOTO

HOCKEY

Continued from 17

Cheverie from Harwich, Meg Gilbride from Braintree, Olivia Leong from Cohasset and Emily Sanidas from West Falmouth.

All the girls and parents traveled from North America and met in Prague, Czech Re-

public to compete in the International tournament.

Tournament competition included teams from Russia, Slovakia, the Czech Republic and North America.

After preliminary round robin competition, which included a win over a Russian squad that hadn't been beaten in five years, the North American Stars faced Team

Slovakia to take the Bronze medal with a 4-1 victory.

The North American Stars were coached by Farren Hart of the International Hockey Academy (Canada), Ben Leong of Notre Dame Academy (Hingham), Assistant Coach Brendan White (Ontario Canada), Kenneth Schreiner (Hawaii) Team Manager Bob O'Connell (South Boston).

FOOTBALL

Bye week a time to reflect

Chiefs to reevaluate early season performance

By Mark Ducharme
Correspondent

Chelmsford.

The Beavers come off a 21-14 victory over the Granite State Destroyers at home for its first win of the season.

Coastal, however as far as the season has gone so far has been on a roller coaster ride.

They had their first of three bye weeks on their NEFL schedule. The others ones are on Aug. 30, which is the Labor Day weekend and their final one will be on Sept. 13.

"We

really need the bye week," said Chiefs coach Jim Ewell. "We have some players that are a little banged up even though we have played three games (1-2). We came off pretty emotional week with the passing of Kevin Graden. We were able to rest up and reevaluate what we have been doing."

The Chiefs suffered the death of lineman Graden after their 17-7 loss to the Granite State Destroyers as he was killed in a car crash. The team played its game with the Southern New England Rage in honor of Graden.

They will find out if they were successful in their reevaluation. The Chiefs will play the Southern New Hampshire Beavers on Saturday at

the Destroyers and the Rage (25-6) it includes a touchdown in each half.

Ewell feels that his team has had some strong play so far in the first three games from people on both sides of the ball.

"John Lane has been our workhorse running the ball," said Ewell. "He has been catching the ball out of the backfield and running the ball."

"Our quarterback Billy Britton has been a soldier for us and stepped up into the leadership role. He had a great first game and threw some great balls in the second game, but we were not catching them."

Lane has also been a hard worker on special team as he blocked a punt and recovered it in the endzone in the Chiefs, 25-6 loss to the Rage.

Britton threw four touchdown passes in the first two games of the season.

"I feel defensively," Ewell said. "Jake Rossier, Ernie Aiguier, Vince Montosi and Alex Morris have done a good job for us in the secondary. They have been leading the defense out there."

Back to School
Inside Today's Paper

Before you grab your cart to pick up the latest in crayons, backpacks and kids' clothes, check out the Back to School section in your Wicked Local newspaper.

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Will Alberti, 6, is ready to roll full speed ahead at the Summer Recreation Bicycle Safety Day.



Campers gather around patrol Officer Mike Murphy as he shows them around his bicycle.

Bike Safety Day

Young cyclists learn the ropes



(Left) Tucker Henderson, 6, enjoys riding a friend's scooter at the Recreation Department summer camp bike safety day.

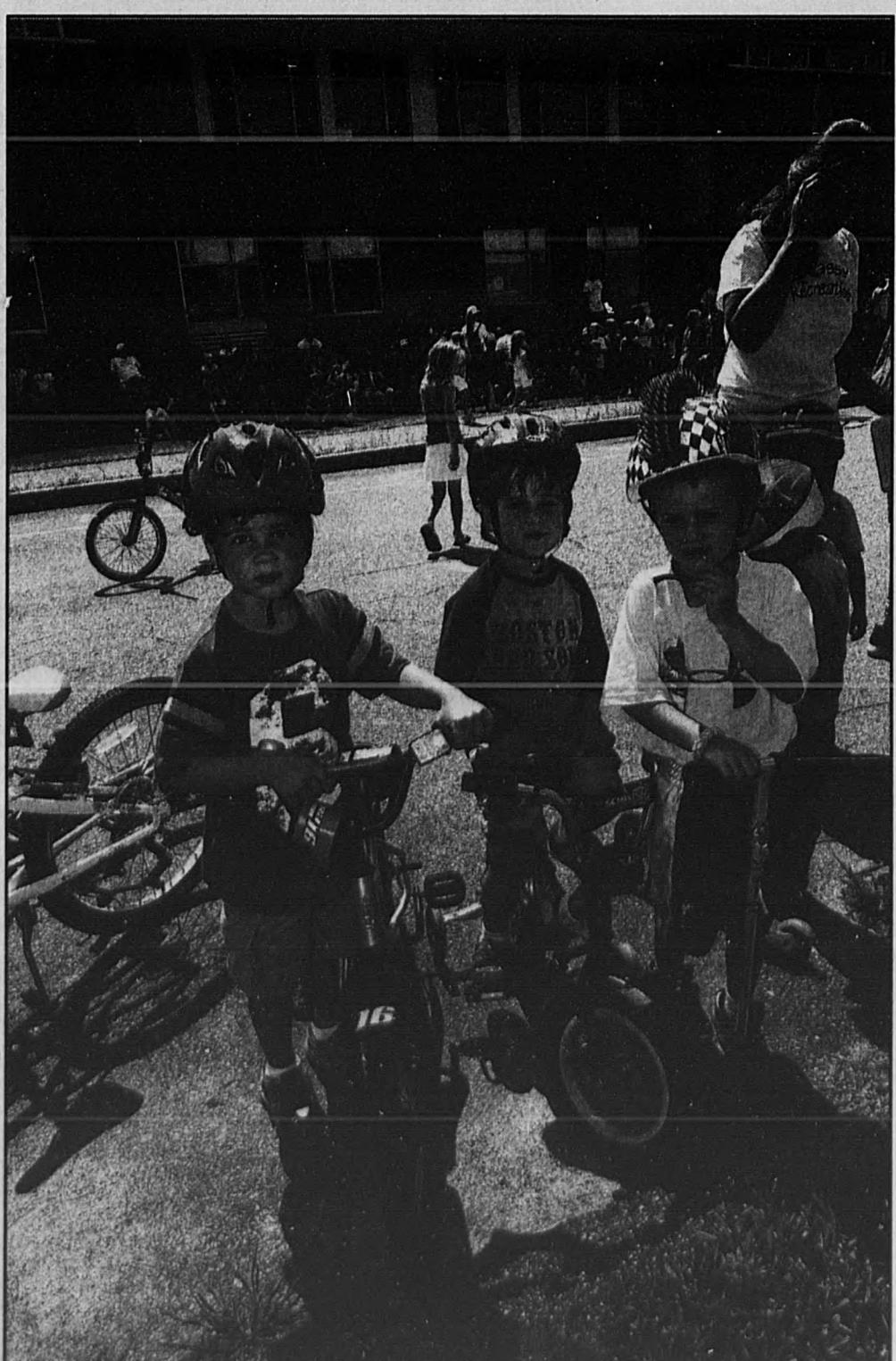
Check out all the Bike Safety Day photos in color, online at: cohasset.wickedlocal.com



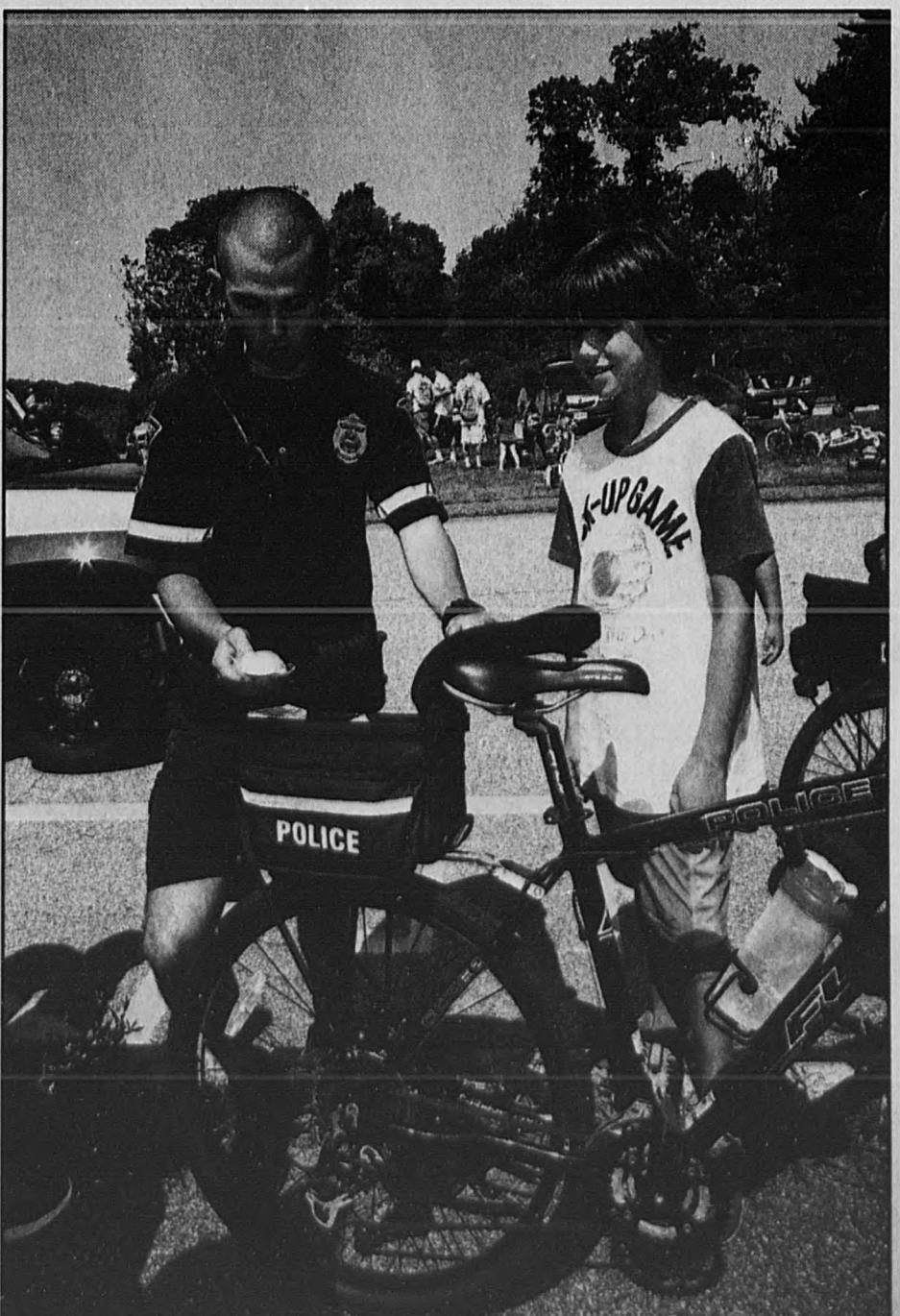
Layla Haddad, 6, buckles up her helmet for bicycle safety day.



Mason Ain, 8, (center) and William Griffin, 9, (R) demonstrate hand signals with safety Officer Sgt. Jeffrey Treanor.



Suited up for bike safety day, L-R, Charlie Ness, 5, Grady Alberti, 3-1/2, and Finn Reardon, 5.



Officer Mike Murphy shows Del DiBona, 8, around his police bike and saddlebag contents.



Official portrait of the 2014 Cohasset Sailing Club — taken from the deck of the brand new clubhouse.



Sailors prepare for the beloved "Candy Drop."

Ahoy, there! Sailing Club hosts annual Fun Day!



Jack Mahoney shows perfect form in the belly flop competition.



Bridget Mahoney tries to keep her focus during Dizzy Lizzy.



Tyler Berndt (center) strategizes his next move in Watermelon Water Polo



Anna Grech, Mackenzie Osborne, and Coach Bobby "Hulk" Nahill strategize for the belly flop competition

Last Wednesday, Cohasset Sailing Club hosted Fun Day – an annual tradition that includes intense team competition in such events as watermelon polo, the dizzy lizzy relay and the water balloon toss. The teams, all of whom were named after a superhero, were comprised of student sailors age 10 through 16 who have been participating in the summer program – meeting three times a week for two hours at a time. The events took place in front of the nearly complete new Sailing Club, which has been under construction for the past year.

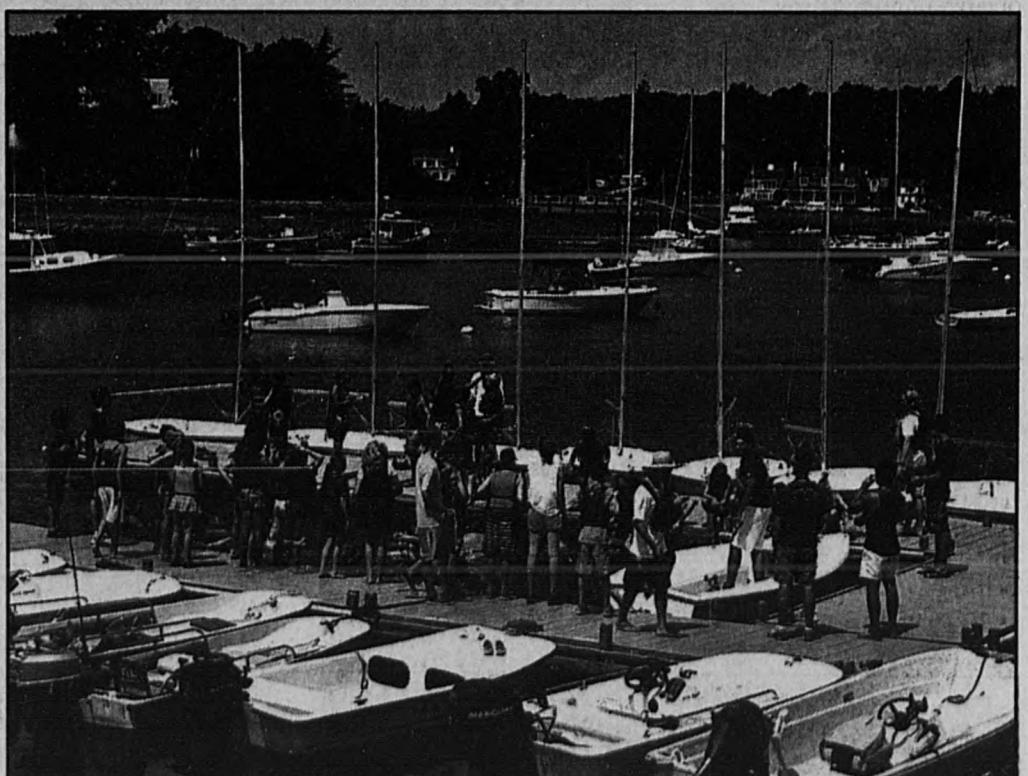
To learn more about Cohasset Sailing Club, which has been educating and training the citizens of Cohasset in seamanship since 1960, visit: cohassetsailingclub.org.



The Superman Blue Team declares victory in the Dizzy Lizzy competition.

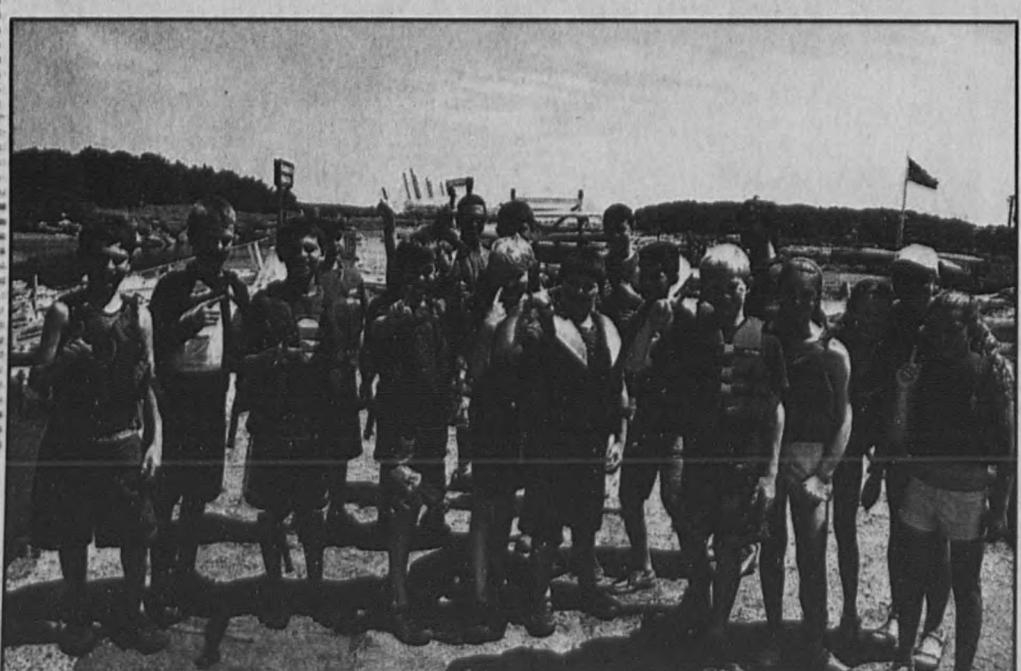


The Wolverine Team poses in costume before the competition.



Teams assemble for the Watermelon Water Polo Competition.

Courtesy Photos by Kimberley Albanese



Team Superman poses with their fresh war paint.



Team Thor is locked, loaded, and ready for action.

FOCUS ON HIGHER EDUCATION

ADVERTORIAL

Educating the 'new majority'



For over 40 years, Cambridge College has specialized in educating adult learners. COURTESY PHOTO / CAMBRIDGE COLLEGE

Cambridge College specializes in courses for adult learners

By James S. Lee
Cambridge College

Within the 21st century economy, a college degree has become increasingly viewed as an essential instrument for personal and professional advancement, economic stability and life satisfaction.

But while a college degree brings expanded professional opportunities to the individual, so too does the absence of a college degree serve as a predictor of an array of challenges.

According to the Pew Research Center's 2014 analysis, the earnings disparity between adults with bachelor's degrees and those without is at its most pronounced in nearly 50 years. This widening gap exemplifies an ongoing socioeconomic trend in the U.S. economy, where adults lacking a bachelor's degree have become increasingly marginalized, are far more likely to live in poverty and, if employed, are more likely to report dissatisfaction with their jobs.

While ongoing efforts by President Barack Obama's administration to increase the number of Americans who enter and complete college directly from high school are critically important, we must not overlook the potential of the millions of current and prospective "nontraditional" students.

The growth in adult (age 25 and older) enrollment began to outpace traditional-age student enrollment in 2009, with the National Center for Education Statistics projecting the percentage increase in adult enrollment by 2020 to be 20 percent versus 11 percent for traditional age students. Despite the positive trend in adult learners, the United States, which once had the highest percentage of its population with college degrees, now lags behind Canada in the percentage of its population

aged 25 to 64 with an associates degree or higher (43 percent versus 38 percent).

In order to help the "new majority" students of the 21st century gain the qualifications and training they need, institutions of higher education must continue to develop and expand educational opportunities that are responsive to the adult student experience; recognizing the logistical challenges of the adult learner while respecting the significant life experience that they bring to the classroom.

For over 40 years, Cambridge College has specialized in educating adult learners, making it one of the nation's most experienced institutions of higher education focusing on this new majority. Cambridge College's School of Undergraduate Studies opened in 1995, continuing Cambridge's emphasis on access to higher education as a means of creating a more equitable society. The School now offers six bachelor's degrees, multiple concentrations and a certificate in medical interpreting, all designed to serve adult learners.

Cambridge College is a nonprofit educational institution accredited by the New England Association of Schools and Colleges.

The American Council on Education selected Cambridge College as 1 out of 9 colleges to participate in the Change and Innovation Lab, a groundbreaking initiative to help colleges and universities implement significant and sustainable initiatives to increase the number of first-generation and non-traditional students who gain a college degree.

Come see what makes Cambridge special. Visit us today or call to learn more at 800-829-4723.

James S. Lee is undergraduate dean and a professor of biology at Cambridge College.

ADVERTORIAL

Investing in talent

UMass Lowell's Honors College welcomes 360 new scholars this fall

More than 20 percent of incoming freshmen at UMass Lowell are enrolled in the newly approved Honors College — offering more proof that high-achieving students are selecting the university as a first choice.

The Honors College offers eligible students challenging courses, increased access to faculty and the resources to become scholarly leaders.

"We draw high-achieving students from across the state and region to UMass Lowell by offering opportunities to fully engage with faculty and like-minded students in a small-group, supportive environment," says Honors Dean Jim Canning. "We also help our students thrive with enriching social activities such as Honors Night at the Merrimack Repertory Theatre, focused academic support and study-abroad opportunities."

The program has seen a 202 percent increase in enrollment since 2008 and will serve more than 900 students in the fall semester. The UMass Board of Trustees elevated the 19-year-old program to college status in February.

"Being designated a college indicates that UMass Lowell is increasingly investing time, talent and resources to provide an even higher-quality honors education," said Canning.

Honors classes are kept small and engaging. This fall, students taking Experiencing Philanthropy, for instance, will have \$10,000 of grant money to distribute to community organizations. They will learn about grant processes, research best practices, interview applicants and collaborate to invest in the local community.

Honors students also work one-on-one with faculty members on projects. The new Personal Librarian Project will offer independent research guidance for theses, assigning each junior and senior honors student to a librarian.

Projects often take students beyond the classroom. Nursing student Anna Brajak traveled to Athens, Greece, this summer to study that nation's shifting culture and psychology. Her trip was funded by the Benjamin A. Gilman International Scholarship.



Honors classes are kept small and engaging. COURTESY PHOTOS / UMASS LOWELL

The Honors College
at UMass Lowell

"I really enjoy my honors classes and the open conversations we have."

Anna Brajak, honors nursing student

faculty member-in-residence build a community of peers and scholars. Students will have a second home at the new Honors Commons in O'Leary Library. There, they can seek the counsel of the college's supportive staff, meet other students and engage with fellow scholars. Canning sees the new space as central to increasing academic success, both for honors and non-honors students.

"Our space will be a gathering place for all students, staff and faculty looking to connect with other curious and engaged minds," he says. "We'll invite people in for lunch, get conversations started and hopefully connect aspiring and established scholars."

To learn more about the UMass Lowell Honors College, visit www.uml.edu/honors.

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Back to School

Avoid backpack overload

Healthy tips from chiropractors

The Massachusetts Chiropractic Society Inc. believes prevention is the key to health and wellness, and visiting your chiropractor is a step in the right direction, especially during the busy back-to-school season.

Now is the time of year when parents prepare their kids for back to school. Besides school supplies and locker essentials, there are some important health tips parents could use, as well. The Massachusetts Chiropractic Society Inc. offers a back-to-school checklist that includes tips for backpack safety.

Believe it or not, the very item we send our child to school with every day – the

backpack – can cause health problems, pain and discomfort.

"Improperly worn and over-stuffed backpacks can cause spinal issues in young children," Dr. Scott Darragh, of Bay State Family Chiropractic LLC and vice president of public information and education with The Massachusetts Chiropractic Society Inc., says. "Many of these problems can be prevented by checking fit and size for your child. Now, as part of a regular chiropractor checkup, kids will bring in their backpacks to make sure they are utilizing the backpacks correctly."

With the workload increasing each year along with the amount of books being brought home, here are some guidelines from The Massachusetts Chiropractic Society Inc. on backpack safety:

- Make sure the child's

backpack weights no more than 5 to 10 percent of their body weight. A heavier backpack will cause the child to bend forward in an attempt to support the weight on his or her back. For example, a 50-pound child should not carry more than 5 pounds.

- Where the backpack sits makes a big difference. A backpack should never land more than four inches below the waistline. A backpack that hangs too low increases the weight on the shoulders, causing the child to lean forward when walking and distort their posture.

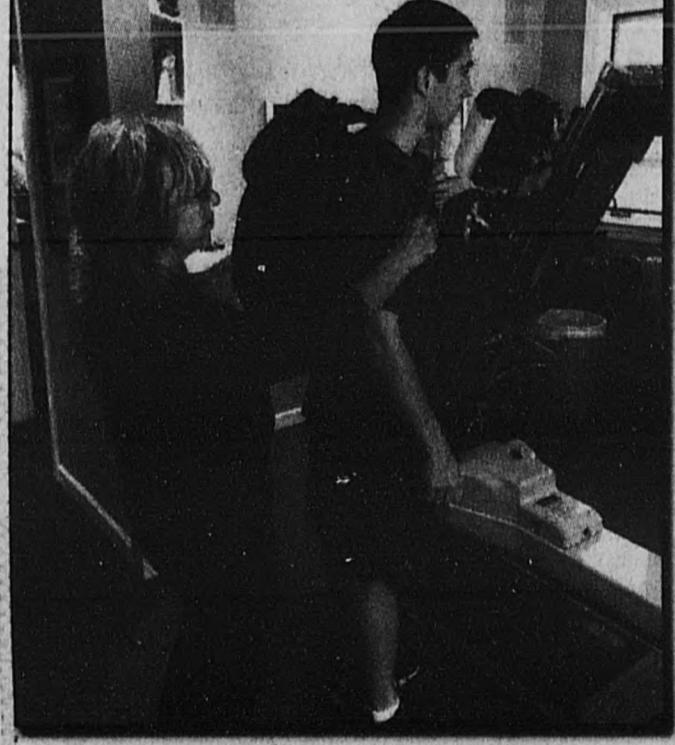
- Urge a child to wear both shoulder straps. Lugging the backpack around by one strap can cause the disproportionate shift of weight to one side, leading to neck and muscle spasms, as well as low-back pain. The shoulder straps should be adjustable so the backpack can be fitted to your child's body. Straps that are too loose can cause the backpack to dangle uncomfortably and cause spinal misalignment and pain.

- Use roller packs or backpacks on wheels with caution. Children tend to overload these packs because they are on wheels and then need to haul them up bus and school stairs, resulting in injury. Many school districts have banned roller packs because they clutter hallways, resulting in dangerous trips and falls.

- A backpack with individualized compartments helps in positioning the contents most effectively. Make sure that pointy or bulky objects are packed away from the area that will rest on your child's back.

For more tips, visit www.masschiro.org.

Courtesy of The Massachusetts Chiropractic Society Inc.



Dr. Patti Giuliano, a member of the Massachusetts Chiropractic Society Inc., assists 16-year-old high school junior Tucker Mee with correct adjustments for his backpack. PHOTO COURTESY OF THE MASSACHUSETTS CHIROPRACTIC SOCIETY INC.



Bridgewater Credit Union and Bridgewater State University have partnered to offer a financial literacy program at Bridgewater-Raynham Regional High School to teach students about personal finance, credit report scores and much more. PHOTO COURTESY OF NEWSUSA

Dollars and sense

Why financial literacy counts in high school

Alongside English and math, high school students need more classes in financial literacy and managing money. It's never too early to start learning how to manage finances. Otherwise, teens embark on the college journey without knowing how to avoid debt, opt out of high interest rates or dodge exorbitant fees. Some students actually expect to face these types of financial hurdles because they don't know any other way.

"We need to ensure students entering college are given the right financial literacy education, tools and support to make sound financial decisions while in college and beyond," Mary Johnson, director of financial literacy and student aid policy at Higher One, said. Higher One is a financial resource that offers banking options designed exclusively for college students. Higher One recently sponsored a study called "Money Matters on Campus," which detailed common behaviors and attitudes about students and money management.

According to the survey of 40,000 first-year college students, 28.2 percent have a credit card, and 23.7 percent have

more than \$1,000 in debt. While it's not surprising that more than 79 percent of students surveyed worry about debt, some other spending behaviors are alarming. Such as, 60 percent find it okay to incur an overdraft fee if they can pay it off later.

Bridgewater Credit Union and Bridgewater State University have partnered to offer a financial literacy program at Bridgewater-Raynham Regional High School that is adapted from a semester-long Financial Literacy and Giving program offered at the university. Participants have the opportunity to learn about personal finance, credit report scores, choosing a career, giving back to the community and much more.

The director of both the high school and the university financial literacy programs is Dr. Margaret Brooks, economics professor and director of the Center for Economic Education at BSU. Three BSU professors co-teach the course, and officers from the credit union join the class for several sessions to answer student questions on banking and credit scores. In addition, a representative from the university's career services department and a local real estate broker lend their expertise to the class.

"We're very pleased to see this new financial literacy partnership moving forward be-

tween Bridgewater State University, Bridgewater Credit Union and Bridgewater-Raynham Regional High School," Brooks said. "We have many excellent speakers lined up, and it'll be exciting to see what innovative ideas the high school students have as they create their own skits around topics such as saving for the future."

The BCU and BSU partnership is based on a shared vision that an early understanding of personal financial concepts can help prevent falling into debt or poor credit, and can also inspire a spirit of giving back to the community. The move to adapt the course for BRRHS gives the students the knowledge they need about personal finance as they enter the stage of their lives where they will be getting loans for college, receiving credit card advertisements and opening their first individual bank accounts.

"We have been thrilled with the success of the FLAG program at BSU over the past years, and are looking forward to seeing its continued success and its expansion to students at the Bridgewater-Raynham Regional High School," Mark Campanale, vice president of marketing at Bridgewater Credit Union, said.

GateHouse Media Assistant Editor Maryclare Himmel contributed to this article, courtesy of NewsUSA.

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Back to School

All about you

Back-to-school fashion is about making a personal statement

By Melissa Erickson
More Content Now

How times have changed. When today's parents were kids and bought back-to-school clothes they were just that - school clothes. Today's students are more fashion-conscious and expressive in their wardrobe choices, said Gregg Andrews, creative fashion director for Nordstrom.

Boys and girls, regardless of age, "are influenced by what's going on in adult fashion," Andrews said.

Little boys and girls emulate bigger boys and girls, the older crew is dressing like teens, and teens are looking to celebrities like Selena Gomez and Taylor Swift for fashion inspiration.

"Kids today are just so smart and have access to so much information that they can make fashion choices for themselves," rather than having their parents tell them what to wear to school, Andrews said.

That means big bucks for clothing stores. Americans plan to spend a total of \$74.9 billion in 2014 for

back-to-school purchases, including college students, according to the National Retail Federation. The back-to-school survey found 53.8 percent of respondents will shop a clothing store, up from 51.5 percent last year and a survey high.

Millennial high school students are willing to spend their own money to be in control of their purchasing decisions, the survey found.

Getting real

"Back-to-school fashion is all about a sense of authenticity," Andrews said. Kids are taking fashion and "twisting, tweaking it to make it their own."

One way kids will personalize their looks will be to bring back selected pieces from different decades. For example, overalls are trending right now, but the wearer is not going to look like a farmer. Instead, she'll pair the overalls with a pretty floral printed shirt or peasant top and Converse kicks.

Add another fashion staple of fall 2014: the oversized cardigan that can be worn a multitude of ways.

"She may be wearing it three times a week and she'll be the cutest girl at school," Andrews said. "Girls like to play with their clothes. She can wear the oversized cardigan with leggings, over a cute

dress or paired with boyfriend jeans. It's all about creating her own personal style."

Mixing masculine and feminine is another way girls can show off their individuality. Pair sharp-looking skinny pants with motorcycle-influenced details like articulated fabric at the knees with a pretty floral top or cool, graphic T-shirt.

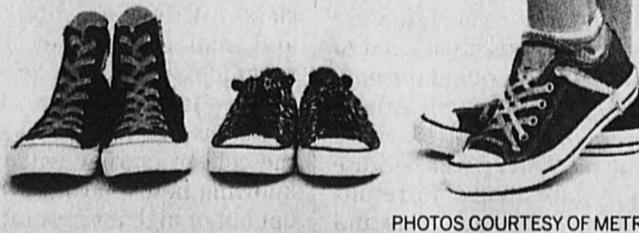
"It's the juxtaposition of a pretty top worn in an unexpected way - maybe sheer with a camisole or a top with lace detailing paired with distressed jeans and Chuck Taylors or army boots," Andrews said.

Another must-have for fall is a leather jacket - just not the traditional black biker jacket. Go for one in beige, almond, grey or black with vintage details.

For jeans, "skinny denim can't go wrong," but for a different look girls will be reaching for the baggier boyfriend jeans and rolling them up at the ankle.



And while kids want to look "cool and casual," rather than seeking comfort, students are more interested in "the cozy factor," meaning jeans and clothes that feel aged and broken-in, Andrews added.



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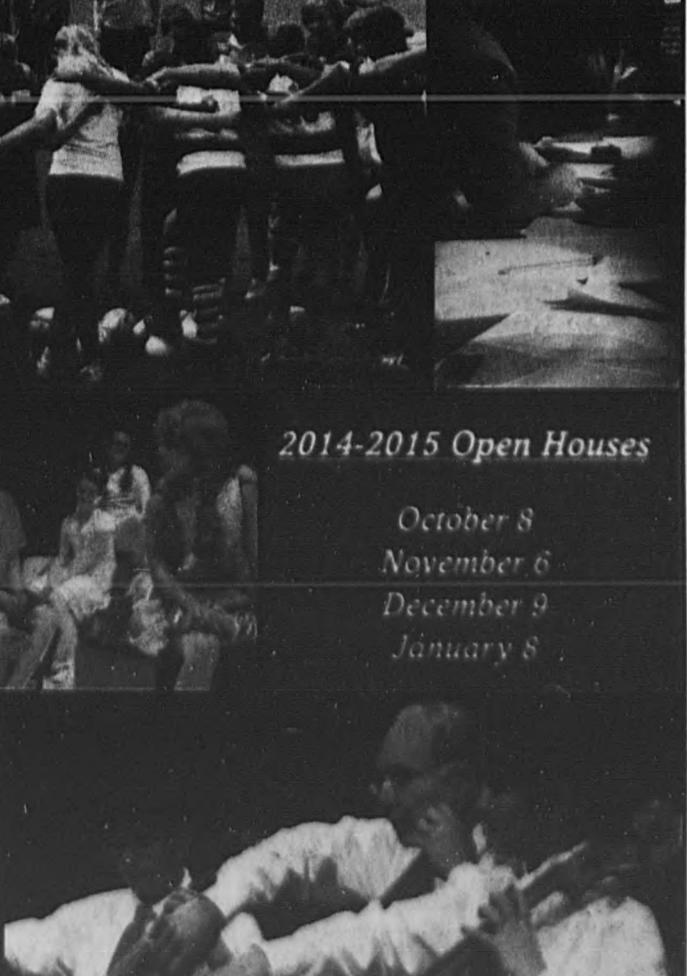


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gen bus - or whimsical - turning upside down the stuffy image of Benjamin Franklin off the \$100 bill and putting him in a cowboy hat.

Jean jackets, worn-in and distressed, are a staple for fall, and plaid makes its back-to-school presence felt once again ranging from flannels with a grunge feel to classic madras in crisp cotton.

Accessories are where kids can really express themselves, and girls will be sporting headbands; classic, oversized chronograph watches as statement jewelry; and ethnic-inspired bangles and braided bracelets.

The ubiquitous backpack makes a splash this fall with girls choosing more evolved, upscale looks in leather, faux leather and printed canvas. Boys' backpacks are more rugged and outdoorsy, with squared-off corners.

COHASSET POLICE/FIRE LOG**Tuesday, July 29**2:10 p.m. **Sandy Beach and Atlantic Ave.**, parking enforcement. No parking issues at Sandy Beach.2:28 p.m. **Sohier St.**, motor vehicle stop, verbal warning issued for speed.6:12 p.m. **Sanctuary Pond Road**, solicitation. Young female with a backpack going door to door. Thinks she may have been soliciting. Unit reports female is part of the environmental group who has been given permission to solicit.6:42 p.m. **Smith Place**, harassing phone call. Caller is requesting an officer listen to a couple of messages on her machine. Advised of their re-courses.7:08 p.m. **Linden Drive**, noise complaint. Caller reports that he was soliciting for the Cohasset Fire Dept and the resident of this location asked him to report a noise disturbance for her. Neighbor upstairs is playing his guitar too loud.8:01 p.m. **Police Headquarters**, medical aid. Headquarters requests the medics for a party in the lobby, panic attack.9:58 p.m. **Stop & Shop, Chief Justice Cushing Hwy.**, motor vehicle erratic operation.

Caller states the manager in Stop & Shop said she comes in drunk all the time. Scituate PD notified.

Wednesday, July 306:05 a.m. **S. Main St.**, community service.6:33 a.m. **N. Main St. and Red Gate Lane**, traffic enforcement.8:56 a.m. **Chief Justice Cushing Highway**, animal call, dead skunk in the road. State DPW advised for a pickup.10:04 a.m. **Beechwood St.**, directed patrol.10:12 a.m. **Beechwood St. and Wheelwright Farm**, motor vehicle stop, citation issued.11:03 a.m. **Chief Justice Cushing Hwy.**, Cohasset Family Practice, medical aid.11:06 a.m. **Chief Justice Cushing Hwy.**, Cohasset Family Practice, medical aid, appendix.11:34 a.m. **Ripley Road**, directed patrol.11:51 a.m. **Ripley Road**, motor vehicle stop, citation issued.1:16 p.m. **Border Street Bridge**, disturbance, peace restored.2:15 p.m. **Sandy Beach, Atlantic Avenue**, parking enforcement.2:35 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop, citation issued.2:46 p.m. **King and Sohier streets**, directed patrol2:49 p.m. **Chief Justice Cushing Hwy.**, police dept. investigation3:08 p.m. **Border Street Bridge**, disturbance, peace restored.3:31 p.m. **Parkingway**, motor vehicle stop, citation issued.3:54 p.m. **Windy Hill Road**, wires call. Wire down over a truck in the driveway.4:09 p.m. **Chief Justice Cushing Hwy.**, erratic operation of motor vehicle. Vehicle went through three red lights and was cutting people off, speeding south.7:15 p.m. **Beechwood and Doane streets**, medical aid. Caller is at intersection and reports a person lying on the ground next to a vehicle. Party

is fine, he is working on his car.

7:48 p.m. Police Headquarters, property found. Walk in returned a wallet that was found at Shaw's.

8:55 p.m. **Chief Justice Cushing Hwy. and Mendel Road**, motor vehicle stop, citation issued.9:20 p.m. **Chief Justice Cushing Hwy.**, CVS pharmacy, medical aid. Elderly male fell off curb.9:22 p.m. **Chief Justice Cushing Hwy. and Pond St.**, motor vehicle stop, citation issued.10:24 p.m. **Chief Justice Cushing Hwy. and King St.**, motor vehicle stop, citation issued.

11:18 p.m. Police Headquarters, animal call, miniature bulldog is missing.

Thursday, July 311:45 a.m. **Chief Justice Cushing Highway**, medical aid.7:07 a.m. **King and Pond streets**, directed patrol, officer on traffic enforcement.7:09 a.m. **King St.**, motor vehicle stop, verbal warning.7:13 a.m. **King St.**, motor vehicle stop, written warning.

7:57 a.m. Police headquarters, emptied drug collection kiosk.

7:58 a.m. **Sunrise, King St.**, medical aid.8:24 a.m. **King St.** and Dunkin Donuts, motor vehicle crash, hit and run. Motor vehicle was hit in the back parking lot and the person too! off.8:48 a.m. **N. Main St.**, medical aid.9:59 a.m. **S. Main St.**, traffic enforcement.10:47 a.m. **Beechwood St. and Chief Justice Cushing Hwy.**, motor vehicle stop, citation issued.11:18 a.m. **Martin Court**, medical aid.11:30 a.m. **Atlantic Ave., Sandy Beach**, community service. Out on a walk through, clear.11:31 a.m. **Chief Justice Cushing Hwy.**, harassment. Problem with owner of business next door, an on going problem.12:17 p.m. **Government Island, Lighthouse Lane and Parker Avenue**, parking enforcement. Tickets have been issued.12:49 p.m. **Chief Justice Cushing Hwy.**, Cohasset Pediatrics, medical aid.12:56 p.m. **S. Main St.**, traffic enforcement.12:59 p.m. **Sandy Beach, Atlantic Ave.**, parking enforcement. Parking tickets issued.1:51 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop, citation issued.1:53 p.m. **Smith Place**, threats, receiving threatening phone calls.2:46 p.m. **King St.**, motor vehicle disabled. Small white care pulled over on the side of the road. Two elderly people in it. Scituate Collision en route. Vehicle is in a bad spot.2:04 p.m. **Sandy Beach and Atlantic Ave.**, parking enforcement.3:48 p.m. **Government Island, Lighthouse Lane and Parker Avenue**, parking enforcement. Government Island and Parker Avenue.12:41 p.m. **Depot Court**, parking enforcement, parking ticket.12:55 p.m. **Beechwood St. and Mill Lane**, motor vehicle stop, verbal warning.9:11 p.m. **Linden Drive**, motor vehicle crash. Caller states there is a dent on side of car. Scituate Collision en route. A**Traffic Safety Tip of the Week:**

Drunken drivers don't just come out after the bars close on weekend nights. They can be out any time of day on any road. This driver was seriously injured on Whiting Street (Route 53) in Hingham at 2 p.m. after being hit head-on by a drunken driver. The best way to protect yourself is to always wear your seat belt.

COURTESY PHOTO

small tree struck on the island at Linden Drive and Linden Circle.

9:42 p.m. **Chief Justice Cushing Hwy.**, erratic operation of motor vehicle. Gray Ford Expedition on Rte. 3A heading into Cohasset from Scituate. Nothing at town line.10:03 p.m. **Jerusalem Road**, fireworks.10:52 p.m. **N. Main St. and Wheelwright Park**, four males in a motor vehicle at Wheelwright Park.11:25 p.m. **Cohasset Harbor Master Shack, Lighthouse Lane**, boat assist.6:41 a.m. **S. Main and Summer streets**, directed patrol.7:00 a.m. **S. Main St.**, motor vehicle stop, written warning.7:20 a.m. **S. Main St.**, motor vehicle stop, written warning.9:02 a.m. **Beechwood St. and Chief Justice Cushing Hwy.**, directed patrol.9:11 a.m. **Chief Justice Cushing Hwy.**, motor vehicle stop, citation issued.9:35 a.m. **Chief Justice Cushing Hwy.**, motor vehicle stop, citation issued.9:39 a.m. **Parkingway**, medical aid.

9:59 a.m. Police Headquarters, officer request. Walk-in reports that he let someone use his car and they haven't given it back.

10:22 a.m. **S. Main St.**, directed patrol. Traffic monitoring post.10:25 a.m. **S. Main St.**, motor vehicle stop, verbal warning for stop sign.10:54 a.m. **MBTA Cohasset Station**, 209A violation. Male, who the female has a 209A against, is driving in front of them and he is trying to make the female hit his car. Requests Hingham PD send a cruiser to his location as the violation occurred in Hingham.12:04 p.m. **Chief Justice Cushing Hwy.**, police department investigation. Follow up.12:16 p.m. **Government Island, Lighthouse Lane and Parker Avenue**, parking enforcement. Government Island and Parker Avenue.12:41 p.m. **Depot Court**, parking enforcement, parking ticket.12:55 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop, verbal warning.1:20 p.m. **Sandy Beach, Atlantic Ave.**, parking enforcement.2:41 p.m. **Village, S. Main St.**, community service.3:13 p.m. **Border Street Bridge**, disturbance, peace restored.3:14 p.m. **Government Island and Lighthouse Lane**, parking enforcement, parking tickets issued.3:17 p.m. **Sohier St.**, motor vehicle stop, citation issued.3:21 p.m. **Chief Justice Cushing Hwy.**, property lost. Caller reports she lost her black briefcase near the strip mall.3:28 p.m. **Nichols Road**, medical aid.4:08 p.m. **King St.**, suspicious person. Party asked for WiFi password and is now hanging outside in his vehicle.

Employee gave him password but says he is making her uncomfortable. Party checks out, clear.

4:20 p.m. **Library/Ripley Road**, suspicious person. Library Director reports a male is standing at the stacks with a wad of cash in his hands.

Has been there 15 minutes.

Male party was waiting for his tutor, confirmed with mother.

4:27 p.m. **Sandy Beach, Atlantic Ave.**, parking enforcement, citations issued.4:56 p.m. **Border Street Bridge**, youth complaint, group removed.5:02 p.m. **Government Island, Lighthouse Lane**, parking enforcement, citations issued.5:08 p.m. **Forest Avenue**, officer request. Caller has terminated services and they keep calling him and making threats that they are going to turn him in for abuse. No sign of abuse.5:31 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop, citation issued.6:23 p.m. **King and Pond streets**, directed patrol.6:24 p.m. **King St.**, motor vehicle stop, written warning to both operators.6:53 p.m. **King St.**, motor vehicle stop, verbal warning.7:03 p.m. **Sohier St.**, motor vehicle stop, citation issued.8:14 p.m. **Margin St.**, motor vehicle stop, citation issued.8:45 p.m. **Chief Justice Cushing Hwy.**, Scituate, mutual aid given. A2 to Scituate Fire Station for walk in medical.9:24 p.m. **Chief Justice Cushing Hwy. and King St.**, motor vehicle stop, citation issued.10:39 p.m. **Sohier St.**, animal call. Yellow lab took off from residence. Dog has been found.11:00 p.m. **Wheelwright Park, N. Main St.**, motor vehicle

stop, parties moved along.

11:06 p.m. **S. Main St.**, disturbance.11:34 a.m. **S. Main and Spring streets**, directed patrol.11:56 a.m. **Forest Ave.**, directed patrol.12:05 p.m. **S. Main St.**, motor vehicle stop; citation issued.3:42 p.m. **Beaver Dam and Hazel, Scituate**, mutual aid ambulance, motor vehicle crash.6:06 p.m. **Beach St.**, motor vehicle stop.6:07 p.m. **Mill Bridge/Border St.**, disturbance, group removed.6:26 p.m. **N. Main St.**, motor vehicle stop; citation issued.7:32 p.m. **N. Main St.**, medical aid.8:56 p.m. **Parker Ave.**, suspicious activity. Called into headquarters for a vehicle parked in the lot and a child seat outside of vehicle. Caller thought this was strange.

Party has been sent on their way.

10:45 p.m. **Wheelwright Park, N. Main St.**, directed patrol.

Debbie/Dorothy

File Name: polCO00log_0815

Typesetters Folder

Monday, Aug. 46:43 a.m. **Beechwood St. and Chief Justice Cushing Hwy.**, directed patrol.8:51 a.m. **N. Main St.**, motor vehicle stop; citation issued.9:05 a.m. **Forest Ave.**, motor vehicle stop; citation issued.9:45 a.m. **Sunrise, King St.**, medical aid.10:04 a.m. **Police Headquarters**, dispute. Party into headquarters in regards to an ongoing neighbor dispute.11:08 a.m. **Forest Ave.**, traffic enforcement.11:40 a.m. **Stop & Shop Gas Station, Chief Justice Cushing Hwy.**, fire investigation.

Checking hoses while gas is delivered.

12:01 p.m. **Beechwood St.**, traffic enforcement.12:08 p.m. **Beechwood St. and Wheelwright Farm**, motor vehicle stop; citation issued.12:20 p.m. **Beechwood St. and Wheelwright Farm**, motor vehicle stop; citation issued.1:58 p.m. **S. Main and Summer streets**, traffic enforcement.2:03 p.m. **S. Main St.**, motor vehicle stop; citation issued.2:44 p.m. **Sohier St.**, traffic enforcement.

FOOD

FOOD FOR THOUGHT


BRANDPOINT

TIP OF THE WEEK
Nutrition for the picky eater

Have a selective eater? Picky eaters may not be getting the nutrients essential for optimal brain health and academic success. Here are some techniques to help parents get nutrients into their kids' meals:

Camouflage - Hide healthy new foods in small quantities within foods kids already love. For example, it's not hard to slip some butternut squash, pumpkin, or sweet potato puree into the orange color of mac-n-cheese.

Bridge new foods - Take a food that your child likes and create something healthy, bridging off the color, texture, taste or look.

Get creative with smoothies - Smoothies are fun, healthy snacks that are like treats to kids. It's easy to make tasty, nutritious smoothies. Frozen bananas make a great smoothie base - then mix in a little unsweetened almond milk, rice milk, or water. Add some of your favorite fruits. Strawberries make the smoothie red, watermelons make the smoothie pink and blueberries turn the concoction purple.

— Brandpoint

NUMBER TO KNOW

7 Hours of swimming required to burn the 2,780 calories contained in The Cheesecake Factory's Bruleed French Toast, according to a report from the Center for Science in the Public Interest.

EASY RECIPE
Watermelon, tomato and feta salad
Ingredients:

- 1 pound watermelon pieces
- 2 large heirloom tomatoes, cut into wedges
- 4 ounces feta, crumbled
- 8 basil leaves, torn
- 1 tablespoon olive oil

Directions:

1. Cut the watermelon into bite-size pieces. Cut the tomatoes into wedges. Combine in a bowl or platter.
2. Crumble the feta over the watermelon and tomato mixture, add the torn basil and drizzle with the olive oil.
3. Add sea salt to taste.

— Cookthink

FOOD QUIZ

What percentage of American adults are considered to be obese?

A. 15 percent
B. 35 percent
C. 50 percent

THE DISH ON...
"The Best Home-made Kids' Lunches on the Planet," by Laura Fuentes

Full of recipes to suit every age, this book shows how simple and easy it is to prepare food that'll be the envy of the lunch table.

— Amazon

FOOD QUIZ ANSWER

B. Almost 35 percent (34.9) of American adults are obese, according to a 2014 study.

A STELLAR SALAD

Classic Caesar needs little to be perfect



RELISH MAGAZINE

By the editors of Relish Magazine

Make it a meal

It's a balmy 90F. Who wants to cook? We say, bring on the cold salad, and while you're at it, make it a Caesar — brimming with savory cheese, crispy croutons and cool, refreshing lettuce.

Parmigiano Reggiano

Once you have tasted true Parmigiano Reggiano, the prized cheese from Italy, you'll be hooked. Like Champagne (which must be produced in the Champagne region of France to be called "champagne"), cheese labeled "Parmigiano Reggiano" must be made in the Italian provinces of Parma, Reggio, Emilia, Modena, Mantua or parts of Bologna under very specific rules — only from morning and evening milk from cows fed special grasses.

To know if you have the real thing, look for the pin-dot label on the rind that says Parmigiano Reggiano.

Classic Caesar Salad
For the dressing

- 2 garlic cloves, chopped
- 3 anchovy fillets, rinsed
- 1/2 cup mayonnaise
- 4 T grated Parmigiano Reggiano cheese
- 1/2 t Worcestershire sauce
- 1 t Dijon mustard
- 1 T fresh lemon juice
- 1/4 t freshly ground black pepper
- 1/4 t coarse salt

For the croutons and salad

- 8 ounces ciabatta or focaccia bread, cut into 1-inch-thick slices
- 2 T olive oil
- 1/4 t coarse salt
- 1 t granulated garlic

- 2 heads romaine lettuce, washed, dried and cut crosswise into 1-inch wide strips
- 1/4 cup shaved Parmigiano Reggiano cheese (optional)

To prepare dressing, combine garlic and next 7 ingredients (anchovies through black pepper) in a food processor and blend 30 seconds. Scrape sides of bowl with a spatula and blend 10 seconds more. Add salt. Cover and refrigerate up to 1 week.

To prepare croutons, arrange bread slices on a baking sheet, brush with olive oil and sprinkle with salt and granulated garlic. Toast under a hot broiler, in a pan over medium heat, or on a hot grill until golden brown.

Place lettuce in a large salad bowl. Add just enough dressing to coat and toss well. Add shaved Parmigiano Reggiano, if using, and croutons. Serves 8 as a side or 4 as a main dish.

Hip hip puree: Fruity lemonade recipes for a crowd

By Emily Arno
Relish Magazine

Fresh lemonade is at the crux of all that is lovely and wonderful about summer. It's simple, refreshing and undoubtedly tied to fond memories of youth. Infuse this favorite with summer's best fruits, and your nostalgic homespun joy will increase twofold.

We charged Amber Wilson of food blog For the Love of the South with creating blackberry, peach, watermelon and strawberry fruit-infused lemonades from one classic recipe. Wilson encourages us to be creative, saying, "Add fresh herbs to these

fruity lemonades. A sprig of oregano with the strawberry lemonade and a rosemary sprig with the blackberry lemonade lends a lovely herbaceous aroma to this classic summertime beverage. Mint goes great with watermelon, and thyme works well with peach lemonade."

Summer Fruit Lemonade

- 1/2 cup granulated sugar
- 3 1/2 cups boiled water
- 1/2 cup freshly squeezed lemon juice (3 or 4 lemons)
- 1/2 cup fruit puree (See options below)

Before juicing the

lemons, rub the skin aggressively with 1/2 cup of granulated sugar. This will release the natural oils in the lemon skin and perfume the sugar for the simple syrup.

In a small bowl, combine 1/2 cup of recently boiled water with perfumed granulated sugar to create a simple syrup. Stir until the sugar has completely dissolved. Set aside.

Combine the remaining 3 cups of water, lemon juice and simple syrup in a pitcher. Stir. Place in the refrigerator and keep chilled until ready to serve.

While lemonade is chilling, assemble chosen fruit puree:

- Purée 1 cup of cubed,

seedless watermelon in a food processor until liquefied. Strain, reserving the juice and discarding the pulp.

■ Purée 1 cup of white peaches with 1 tablespoon of water in a food processor until liquefied. Strain, reserving the juice and discarding the peach pulp.

■ Purée 1 cup of blackberries and 1 tablespoon water in a food processor until liquefied. Strain, reserving the juice and discarding the blackberry pulp.

■ Purée 1 cup of strawberries with 1 tablespoon of water in a food processor until liquefied. Strain, reserving the juice and discarding the strawberry pulp.

Add puree to lemonade and chill mixture longer if necessary. Pour over ice and serve with complementary herbs if desired.

Note: If hosting a party, we suggest making a double or triple batch of the base lemonade recipe and mixing up a couple different fruit purees. Keep these separate from the lemonade until serving.

With this approach, guests can add as little or as much puree mixture as they please to their individual drinks — we suggest 1 1/2 ounces puree per drink. They can even mix two flavors together if they are feeling adventurous.

WINE TO THE WORLD

Kosher salt: A bright-tasting, white, coarse-grained salt made without additives. It received its name because it is used to aid in the preparing of kosher meat that is salted after butchering in order to draw out the animal's blood.

— Cookthink

DISHING IT OUT

The Cedar Café

Meet Chef Vivi Karastamatis

By Erin Tiernan
etiernan@wickedlocal.com

We're Dishing it Out this week at the Cedar Café in Hanover where the Karastamatis family works together to serve up the freshest and most flavorful Mediterranean cuisine.

Name of staff and position: Vivi Karastamatis, chef.

How long have you been here? We will have been open 10 years in October. My brother, Stellios, is the owner. I have been here for eight or nine years. I came because I decided I was done with the corporate world and because my brother needed help. Since I joined him here, I have brought a lot of flavor, fresh foods and healthy foods cooking alongside my mother. It's a family restaurant.



The strawberry salad with grilled chicken is a lunchtime favorite at The Cedar Café, located in Merchant's Row mall in Hanover. Feta cheese, almonds, cranberries, fresh strawberries and flavorful grilled chicken are layered upon a garden salad bed and smothered in homemade house dressing.

How would you describe the food? It's mostly Mediterranean Greek food. We feature Greek specials daily, fresh salads and grilled meats. I would say it's a Mediterranean and Middle Eastern mix if I were to describe the food here.

How do you ensure freshness with your food and meats? We do source locally, and we work with our suppliers and always make sure to have the freshest foods available to our customers.

What specials do you offer? We offer Greek specials handmade by my mother daily. I make different salad specials every day and when it's sum-

mer, I cook with summer vegetables and ingredients to reflect the season. In the winter, we will offer a lot of delicious homemade soups.

Your favorite dish on the menu: My favorite dish is a tie about the sundried tomato, cherry and cashew salad and my mom's special pastitsio, which is like Greek lasagna that comes with a Greek salad.

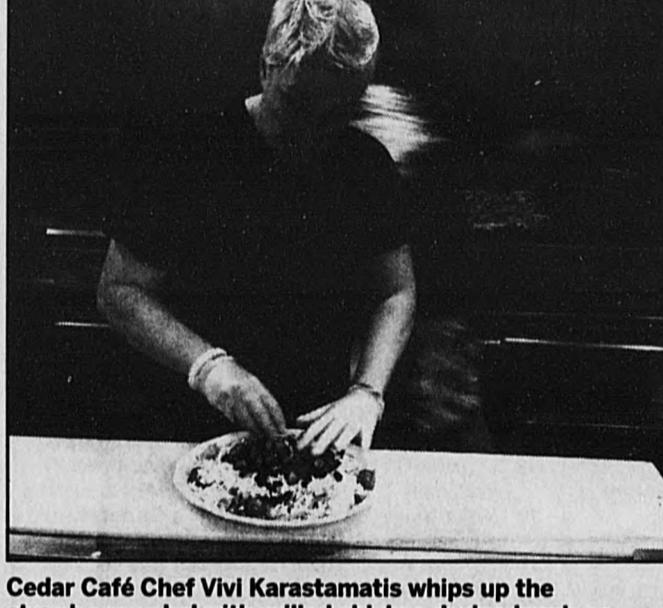
Do you offer any vegan, vegetarian or gluten-free options? Most of our menus is gluten free, there are very limited items that can not be made gluten free. We have salads and wraps that are vegetarian, and many menu items can be modified to accommodate any dietary restrictions.

Do you offer takeout? Yes, we also offer catering for any-size parties provided we get hours with 24-48 hours advanced notice.

What sets the Cedar Café apart from other restaurants in the area? We are a fast food place, but with all fresh ingredients. There is no other Greek place on the South Shore and we offer full flavored, but healthy options.

Can you describe the atmosphere? It's basically a casual dining. Customers order at the counter and then we bring the plates to the table. We get a lot of business during lunch.

What's the best part about



Cedar Café Chef Vivi Karastamatis whips up the strawberry salad with grilled chicken during lunch on Friday, Aug. 3.

WORSHIP GUIDE

Beechwood Congregational Church, 51 Church St. in Cohasset, holds morning worship service at 9:30, led by Pastor Stephen McDonald. Children's church is available during the service. The "Ground Level Coffeehouse" has live music on the first Friday of every month at 7 p.m. For more information see beechwoodcc.org.

First Parish Unitarian Universalist on Cohasset Common, 23 North Main St. (Parish House), 781-383-1100. www.firstparishcohasset.org Pastor is the Reverend Jill Cowie; RE Director Christine Bulman; **Music Director: Allegra Martin. Organist: Caroline Harvey.** Parish Administrator: Sandy Bailey. Parish Committee Chair: Ronnie McMorris. We welcome all to our inclusive spiritual community. We affirm our Unitarian Universalist Principles and put them into action by worshiping together, caring for one another, and working for a safe, just, and sustainable world. Worship services are held at 10 a.m. on Sundays.

Nativity of the Virgin Mary Church, 811 Jerusalem Road, 781-383-6380. Father Constantine Cambas. Office hours are 9 a.m. to 1 p.m. Denomination: Greek Orthodox. Sunday Services: Matins 9 a.m. Divine Liturgy: 10 a.m. Liberal use of English language. Sunday Church School 11:15 a.m. Fellowship hour follows Liturgy; Children's Sermon Sundays: Weekday services during Holy Great Lent: Wednesdays: Presanctified Divine Liturgy at 7 p.m.; Friday: The Akathist Hymn, 7:30 p.m.; Bible Study: Wednesdays, 8 p.m. Greek language school: Mondays and Fridays, from 4 to 5:30 p.m.

St. Anthony Roman Catholic Church is at 129 South Main St., Cohasset. Pastor is the Rev. John R. Mulvehill. Permanent Deacon is Paul Rooney. Weekday Masses: Monday through Friday, 7 a.m. and

Saturdays, 8 a.m. Weekend Masses: Saturdays, 5 p.m.; and Sundays, 8 a.m., 9:30 and 11:30 a.m. Coffee and fellowship in the Parish Center follows the 8 a.m. Sunday Masses.

Sacrament of Reconciliation (confessions): Saturdays, from 4:15 to 4:45 p.m., and by request.

First Friday of the month: Morning Mass at 7 a.m.; Adoration and Benediction from 7:30 a.m. to noon; Mass at noon.

For information on parish events, call 781-383-0219. For religious education information call 781-383-0630. For more information, visit the Web site at saintanthonycohasset.org.

Second Congregational Church, 43 Highland Ave. If you live on the South Shore and you're looking for a church home we encourage you to join us on Sunday mornings.

September through mid June: Service (with choir) begins at 10 a.m. in the sanctuary with Nursery care and Sunday School for age's pre-K through 8th grade. Immediately following the 10 a.m. service you're invited to a coffee-fellowship hour in Bates Hall. Youth groups for middle and senior high school children are available. We are an open, welcoming church family. We enjoy periodic book/Bible/topical discussion groups in addition to annual church wide events such as the Strawberry Festival, Christmas Craft Fair, Quilt Show and Appalachia Service Project.

For more information please call us at 781-383-0345 or visit us online at www.2ndcc.org

St. Stephen's Episcopal Church is an inclusive, Christ-centered community committed to exploring the intersection of our faith and our lives. We invite you to join us on Sunday mornings and through a variety of special programs during the week. All are welcome to worship God with us at St. Stephen's.

AA meets four times a week at St. Stephen's: Sundays at 7 p.m., there is a Closed Big Book Study. Tuesdays there is a Women's step meeting at 6:30 p.m. and a closed discussion meeting at 8 p.m. Fridays at 7 p.m. there is a Beginner's meeting. All meetings take place in the Watermelon Room at the church office.

Please call the church office at (781) 383-1083 or visit ststephenscohasset.org for more information.

Vedanta Centre, 130 Beechwood St., 781-383-0940. Denomination: Vedanta, an Indian philosophy which honors all world religions. Clergy: Rev. Dr. Susan Schrager. Sunday morning, 11 a.m. Refreshments and fellowship after the service. Thursday Meditation and Study Class from 7 to 8 p.m.

Glastonbury Abbey: 16 Hull St.; 781-749-2155; www.glastonburyabbey.org. **Masses and Worship:** All are welcome! **Monday through Saturday:** 6:30 a.m. - Vigils (end of night prayer), 7:45 a.m. - Lauds (morning praise), 12 noon - Mass, 5:15 p.m. - Vespers (evening prayer), 7:45 p.m. - Compline (night prayer); **Sundays:** 6:30 a.m. - Vigils, 7:45 a.m. - Lauds, 9:30 a.m. - Mass, 12:45 p.m. - Midday Prayer, 5:15 p.m. - Vespers, 7:45 p.m. - Compline.

Congregation Sha'aray Shalom is at 1112 Main St., Hingham. For information, call 781-749-8103 or visit the website at www.shaaray.org.

Denomination: Reform Jewish, welcoming unaffiliated interfaith families and those with a more traditional background.

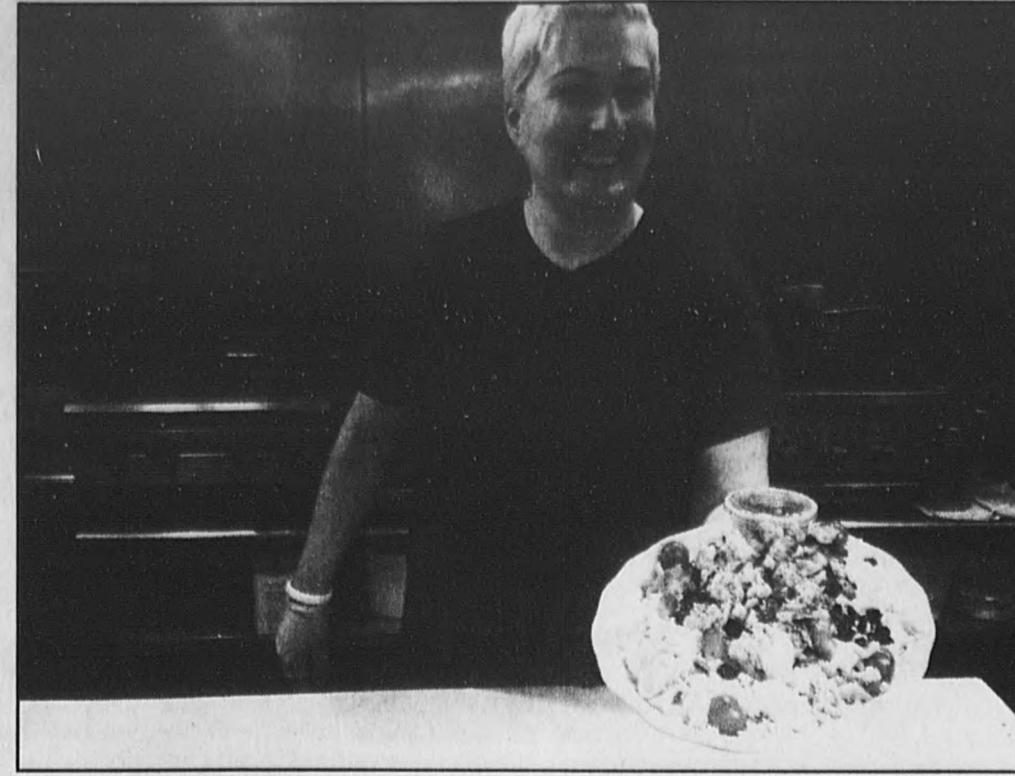
Rabbi Shira Joseph; Cantor Steven Weiss.

Friday Shabbat Evening Services — Aug. 8, 22 and 29, at 6 p.m., followed by dinner. Register for dinner by the preceding Wednesday.

First Church of Christ, Scientist: Denomination: Christian Science.

Sunday Services are held

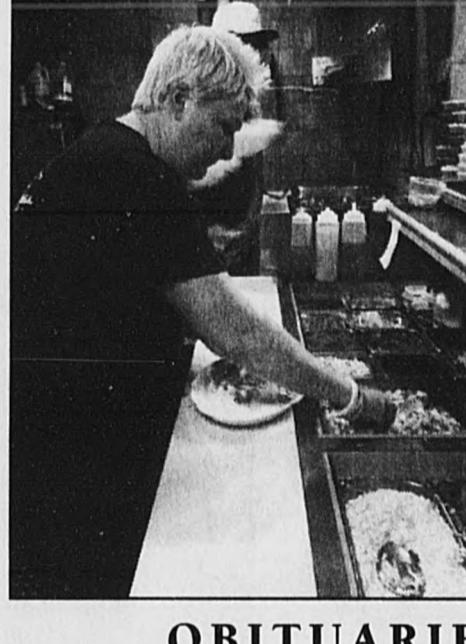
cohasset.wickedlocal.com ■ COHASSET MARINER ■ Friday, Aug. 15, 2014 ■ 29



The strawberry salad with grilled chicken is one of the best selling dishes on the Cedar Café menu. PHOTOS/ERIN TIERNAN

ONLY ONLINE

Check out the video of Cedar Café Chef Vivi Karastamatis, as she prepares colorful and flavorful ethnic Greek dishes at cohasset.wickedlocal.com.



Fresh fruits and vegetables are the inspiration for Chef Vivi Karastamatis' colorful and flavorful salad creations. Stop by the Cedar Café located in Merchant's Row in Hanover for a taste of what she's turning out today.

OBITUARIES

Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

Florin J. Hailer III



KICKHAM OF QUINCY, MA AND ALEX KICKHAM OF HAWAII, AND BY HIS MANY LOVING nieces and nephews.

Andy was

dedicated to the Alcoholics Anonymous organization, having recently earned his medallion for 25 years of sobriety, and touched the lives of hundreds of people through AA. Andy had a remarkable ability to help and give to others.

Visiting hours were at the McNamara-Sparrell Funeral Home, at 160 South Main Street (across from St. Anthony Church), Cohasset, Sunday, Aug. 3, from 3 to 7 p.m. A funeral Mass was celebrated Monday, Aug. 4, at 10 a.m. in St. Anthony's Church, 10 Summer Street, Cohasset.

Andy leaves behind his loving son Michael of East Bridgewater, MA; his five beloved siblings: brother Fred of Boston, MA; sister MaryLee Pestone and her husband Bill of Scituate, MA; sister Beth Clarke and her husband Scott of Mountain View, CA; sister June Powers and her husband Charlie of Scituate, MA; and sister Janet Mahony and her husband Jim of Yardley, PA. He is also predeceased by his sister, Nancy McKinnon Gray of New York, NY. Andy will also be greatly missed by his two dear and cherished granddaughters, Katie and Meghan Hailer, by his former wife Tina Strauss and her two children, Christina

In lieu of flowers, remembrances can be made in Andy's name to Father Bill's & Main Spring, 422 Washington Street, Quincy, MA 02169 or to the Activity Fund at Cardigan Nursing and Rehab Center, 59 Country Way, Scituate, MA 02066.

For an online guest book and more, please visit www.mcnamara-sparrell.com.

McNamara-Sparrell

FUNERAL HOME

781-383-0200

How to Submit an Obituary to the Weekly Newspapers

To contact our obituary department, please e-mail

obits@wickedlocal.com

or

call 781-433-6905

or

Fax 781-433-6965

Obituaries for the weekly newspapers are taken at the Randolph office Monday through Friday.

Please Call for Deadline Details

PUZZLES

Horoscope

**SALOME'S STARS
FOR RELEASE WEEK OF
AUG. 25, 2014**

ARIES (March 21 to April 19) Despite your Aries penchant for wanting to tackle a problem head-on, you might want to take a little more time to see how a current situation develops. It could surprise you.

TAURUS (April 20 to May 20) Taking on the role of peacemaker in a disruptive environment is a challenge. But you can do it. Just continue to have the same faith in yourself that so many others have in you.

GEMINI (May 21 to June 20) Although your work schedule keeps you busy, you should make time to start preparing for that important upcoming family event you'll want to celebrate in a special way.

CANCER (June 21 to July 22) Home is where the Moon Child wants to be early in the week. But by week's end, a chance to travel raises her or his excitement level, and that of the lucky person who gets to go along.

LEO (July 23 to August 22) Be careful not to be a copycat when dealing with someone who uses unfair or even unkind methods to reach a goal. As always, do the right thing the right way, and you'll win in the end.

VIRGO (August 23 to September 22) An offer could have many good things attached to it that are not apparent at first glance, including a chance to move into another career area. You might want to check out its possibilities.

LIBRA (September 23 to October 22) With responsibilities surging both in the workplace and in the home, it's

important to prioritize how you deal with them. Be patient. Pressures will begin to ease starting early next week.

SCORPIO (October 23 to November 21) A positive reaction to a suggestion could indicate that you're on track for getting your message to the right people. Devote the weekend to catching up with the special people in your life.

SAGITTARIUS (November 22 to December 21) A new attitude from those in charge could make things difficult for you unless you can accept the changes without feeling as if you're being pressured into doing so.

CAPRICORN (December 22 to January 19) Family matters once again dominate much of the week. But don't neglect your workplace duties while you deal with them. An offer to help could come from a surprising source.

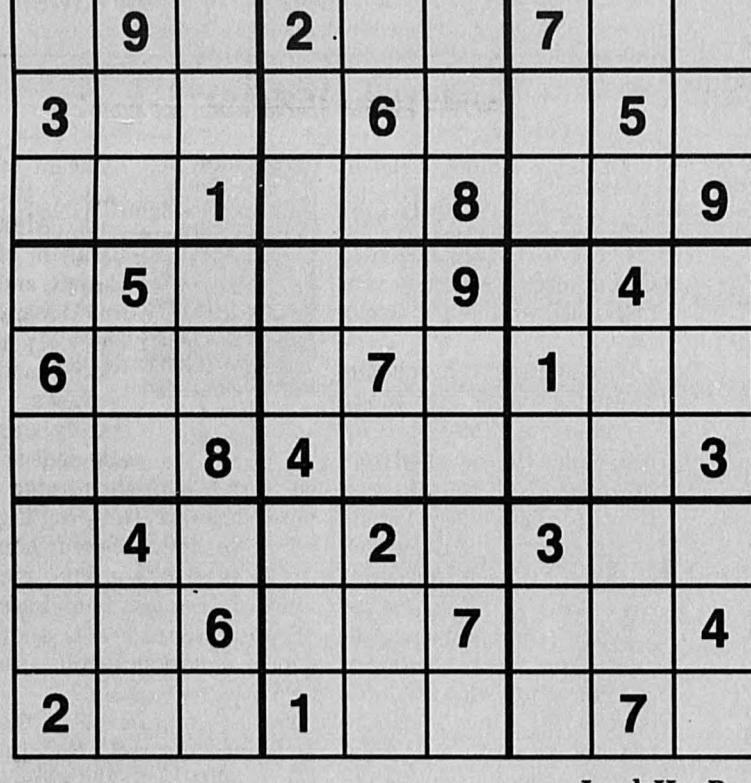
AQUARIUS (January 20 to February 18) A difficult workplace situation begins to ease, but there still are matters that need to be dealt with before it's fully resolved. There's also a more positive turn in domestic relationships.

PISCES (February 19 to March 20) Don't let yourself be rushed into making a decision about an intriguing financial arrangement. Asking questions and checking it out now could pay off in a big way later on.

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BORN THIS WEEK: You might have a tendency to be more than a bit judgmental, but others understand it comes from a warm, loving heart.

Sudoku



Level: Hoo Boy!

Fun By The Numbers

Like puzzles?

Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

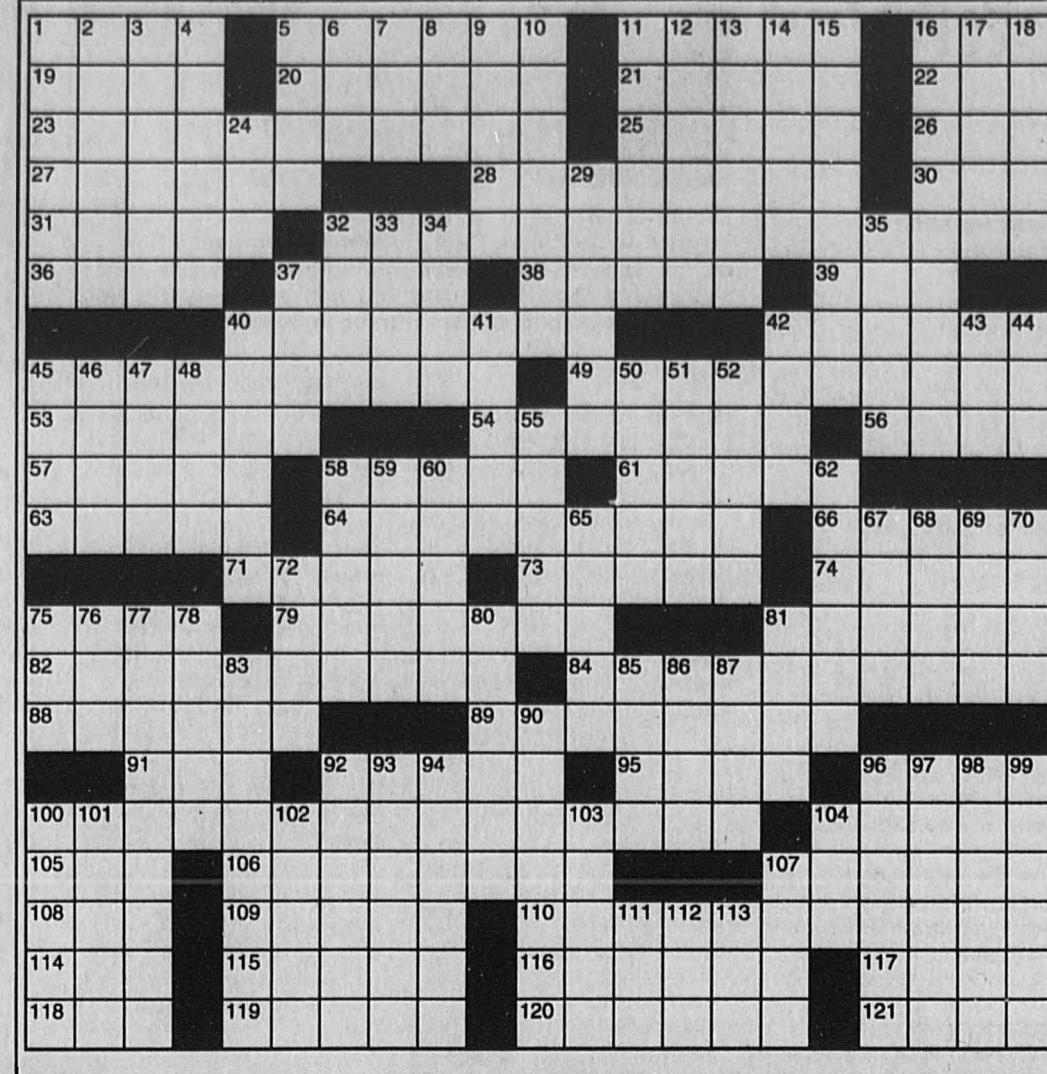
Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Crossword Solution - Arriving at the point



Crossword - Arriving at the point



ACROSS	42	How soup or soda is often sold	88	"From the beginning," in music	DOWN	35	Armor —	77	Figure on a
1 "Take a Chance on Me" band	45	Test ban topic	89	Jonathan Swift, e.g.	1 Evolves, say	1	(some naval vessels)	\$1 coin	
5 Like the reading on a thermometer	49	Behaving brainlessly	91	Obituary info	2 Jazz singer	2	Prop's place	78 Prop's	
11 "Ad — per aspera" (Kansas motto)	53	"V.I.P." star Anderson	92	Actor — Zimbalist Jr.	3 Changed into	3	protects pets	80 Preoccupy	
16 Org. that aids start-ups	54	Everybody in the group, in the South	95	— de plume (literary aliases)	4 Paid the penalty (for)	4	Speechless	81 Harper of "Ishtar"	
19 Cut calories	56	Bic Clic —	96	Parke, e.g.	5 Glimpse	5	Have — (make merry)	83 Unsolved	
20 Float event	57	Record over	98	Totally doctile	6 Ex-Oriole	6	"To Live and Die —" (1985 film)	85 With 96-	
21 2007 horror film sequel	58	Painter	100	Pyromaniac	7 — Antiqua	7	Down, rum cocktail	Down, rum	
22 Abbr. ending a math proof	61	Picasso	104	Hot tub site	8 Trial subject	8	cocktail	drinks	
23 Surgical cleaning pad	63	Bartök and Fleck	105	Pop singer Belinda	9 John Quincy	9	Grads' dance	network	
25 Near	64	Kitchen plastic wrap	107	Regal home	10 Chastising	10	Tarzan's pals	87 Tree "arm"	
26 Web site ID	66	Depressed, as the economy	108	She-pig	11 Climb up	11	Actress Reid	90 Blend	
27 Uranus, e.g.	67	Perfect places	109	Flip —	12 Tall, swift, slender dog	12	Actor Epps	92 Jetson boy	
28 Meditate over	71	Tortilla treats	110	(decide by chance)	13 One of 10 that go down in a strike	13	Small plateau	93 Mexico's Calderón	
30 Greek tycoon Onassis	73	Severe pang	111	Write in any of this puzzle's eight theme answers?	14 Five-time Pro	14	Of computers	94 Actress Ella See 85-	
31 Track official	74	Divulge	114	Before, in verse	15 Vindicting	15	1990s cardio fad	Down	
32 Prized seafood catch	75	Lake fish	115	Online voice calling service	16	Like some diamonds and jaws	50	Down	
36 Bird feed bit	79	"Place" (1990s show)	116	Region of Spain	17	Catcher Yogi	51	Actress See 85-	
37 Tool storage building	81	— alla Scala (Milan opera house)	117	Pill bottle specification	18	Andre	52	Gifted talker	
38 "There's no sight"	82	Med student's hands-on workplace	118	Tetley drink	19	Vindicting	53	Approach and confront	
39 Land in le Pacifique	84	Nomads	119	Curvy letters	20	Do improv	54	City of ancient Egypt	
40 Person from Madrid, say	85	Coat	120	"Man alive!"	21	The woman	55	"Dawson's Creek" role	
			86	Kind of fruit pie	22	Flip-flop's kin	56	Ring-shaped island	
			87		23	Standard	57	Iraqi seaport	
			88		24	High-hatter Moby Dick	58	Single out	
			89		25	Jay who jests	59	Kind of flour	
			90		26	Take — view of	60	Treasured	
			91		27	Stuff in guns	61	"Brute!"	
			92		28	Ill-behaved	62	Standard	
			93		29	Actress — Alicia	63	High-hatter	
			94		30		64	Stuff in guns	
			95		31		65	Curved beaks	
			96		32		66	Falcons	
			97		33		67	Golden eagle	
			98		34		68	Hawks	
			99		35		69	Hunters	
			100		36		70	Keen vision	
					37		71	Kite	
					38		72	Osprey	
					39		73	Talons	
					40		74	Vulture	

Magic Maze - Raptors

Y T Q N K I F C Z W U R P M C

C J H E C Z X U S Q N L E U J

G O E C Z X V V T B S R R P N

L J N H E C R A U A R V O Y W

G O L D E N E A G L E V V O T

R P N L O K I I G D T E I S C

B Z X C W R R U B E N U N P S

T A L O N S R R E R A U P R R O

L A B U Z Z A R D G H M A E L

F W E T I K H J I L G E C Y D

B N O I S I V N E E K W A H A

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Bald eagle

Buzzard

Carnivore

Condor

Curved beaks

Falcon

Golden eagle

Harrier

Hawk

Hunters

Keen vision

Kite

Osprey

Talons

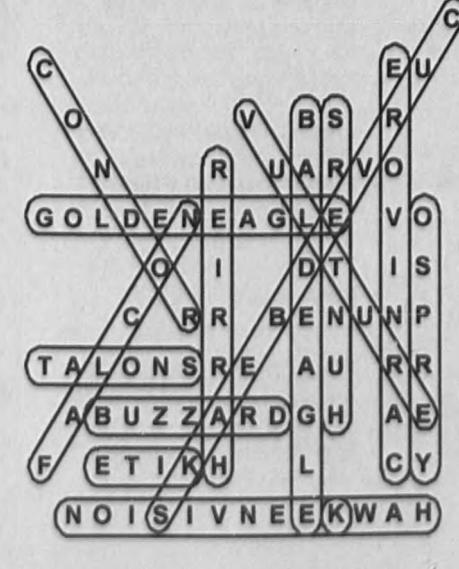
Vulture

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Magic Solution Raptors



Sudoku Solution



CALENDAR

The 147th Marshfield Fair provides fun for all

WHEN: noon to 10 p.m. Aug. 15-24
WHERE: Marshfield Fairgrounds, 140 Main St., Marshfield.
INFO: Exhibits, vendors, arts and crafts, kids' activities, amusement rides, tractor pulls, live bands, food and more. Admission \$10, children 6 and under admitted free. Call 781-834-6629 or visit marshfieldfair.org for details and schedule.



SATURDAY, AUG. 16

Marshfield Fair, from noon to 10 p.m. Aug. 15-24, 140 Main St., Marshfield. Exhibits, vendors, arts and crafts, kids' activities, amusement rides, tractor pulls, live bands, food and more. Admission \$10, children 6 and under admitted free. Call 781-834-6629 or visit marshfieldfair.org for details and schedule.

Hello Kitty Weekend at Edaville USA, Carver. Ticket information at www.edaville.com

Yoga at the River's Edge sponsored by the North and South Rivers Watershed Association, Weekly classes, taught by certified yoga teachers from 8:30 to 10 a.m. at various sites along the North and South Rivers. Each class features meditation, gentle stretching, breathing technique, hatha yoga postures, and guided relaxation. All classes are outdoors. Sites are not wheelchair accessible. Today: at the Rexhamme Beach in Marshfield. All proceeds benefit NSRWA. Suggested donation of \$10 per class for NSRWA members, and \$15 for the general public. Kezia Bacon at 781-837-7093, email yogaversedge@verizon.net or visit www.nsrwa.org or www.hellokezia.com.

The Jungle Book will be performed at 10:30 a.m. at Priscilla Beach Theatre, 800 Rocky Hill Road, Plymouth. Tickets are \$12, available at the door. Advance registration is recommended by visiting www.pbtheatre.org or by calling 508-224-4888.

Reception at art gallery, the Helen Bumpus Gallery is featuring an exhibit about Mya, "Iconic Schooner of Duxbury." The gallery is located on the main level of the Duxbury Free Library, 77 Alden St., Duxbury. The exhibit may be viewed during regular library hours. A reception will be held at the gallery from 2 to 4 p.m. today with complimentary. helenbumpusgallery.com.

The Sea and Shore Show runs through Aug. 31 at The Front Street Art Gallery's blue wall will be filled with paintings and photographs by member artists depicting marine and coastal scenes highlighting the ever-changing beauty of the New England coastline. 124 Front St., Scituate Harbor. Gallery hours are Tuesday through Saturday, 11 a.m. to 5 p.m., and Sunday, noon to 5 p.m. or by appointment. The Gallery is closed Monday. 781-545-6150.

Play-Well TEKnologies Event from 10 to 11:30 a.m. hosted by South Shore Bank Hingham Financial Center, 99 South St., Hingham. Children ages 6 to 11 can power up their engineering skills with Play-Well TEKnologies and tens of thousands of LEGO Free and open to the public. For information and to RSVP, contact Laura Lombard at 781-682-3233 or at lombard@southshorebank.com.

Brewster Productions will present Acoustic Nights free concert series on the lawn of the Hedge House, at 126 Water St., at 6 p.m. tonight and Aug. 30, featuring acoustic, indie, folk, rock and Americana programs showcasing great emerging artists from near and far. brewsterproductions.com

Marshfield's own Joey Voices performs a benefit concert to benefit Marshfield Community Christmas at 7 p.m. at the Venus II Restaurant, 277 Ocean Street in the Brant Rock neighborhood. Voices is a comedy singing impressionist and original country singer/songwriter. He performs more than 40 different celebrity impressions during his show. Tickets are \$25 per person and may be purchased by emailing Michael Maresco at mikemaresco@aol.com.

Les Misérables, presented by The Company Theatre, 30 Accord Park Drive, Norwell. Performances: Aug. 13-17. Tickets: \$36-\$39 by calling 781-871-2787 or www.companytheatre.com

Juke Point Rhythm at The Great Chow, 497 Bedford St., Route 18, Abington, 781-871-8832, www.great-chow.com

The Mumblers at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

Memphis Nights Band, at Hajjar's, 969 Washington St., Weymouth, 781-340-1870, www.hajjars.net

Diana Inez at Wildflower Café & Tavern, 8 Chestnut St., Duxbury, 781-934-7814, www.wildflowercafe.us/

Irish Seisúin at Lucioso's Pub at 6 Spring Lane in Plymouth, 5:30 p.m. Free.

John Ahl will perform from 6 to 9 p.m. at Sandcastle Lounge located at Pilgrim Sands on Long Beach, 150 Warren Ave., Plymouth, with the lounge open from 5 to 10 p.m.

Jah Spirit at Cabby Shack, 30 Town Wharf, Plymouth, 9 p.m. 508-746-5354. www.cabbyshack.com

DJ Doubletake at Waterfront Bar and Grill, 170 Water St., Plymouth, 508-591-8393.

Tomorrow's Hangover at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999, www.britishbeer.com

The Coozies at the British Beer Company, 2294 State Road, Cedarville, 508-888-9756, www.britishbeer.com.

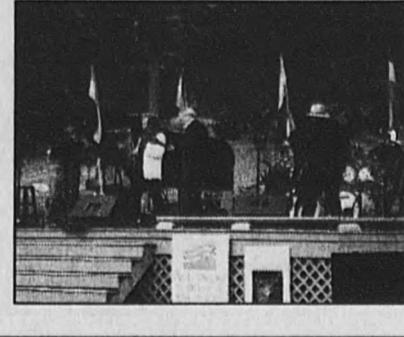
SUNDAY, AUG. 17

Carver Farmers' Market from noon to 4 p.m. Sundays to Oct. 26, rain or shine, in Shurtleff Park on Route 58 across from the Carver Town Hall. 508-866-2428.

Tom Fey Band at Cabby Shack, 30 Town Wharf, Plymouth, 4 p.m. 508-746-5354. www.cabbyshack.com

Atlantic Symphony Orchestra presents 'Sunset at the Abbey' concert

WHEN: 4 p.m. Sunday, Aug. 17.
WHERE: Glastonbury Abbey, 16 Hull St. (Rte. 228) Hingham.
INFO: ASO Music Director, Jin Kim, is programming a classical set that features Spencer Aston on trumpet, Tim Steele on piano, accompanied by vocalist Chelsea Basler. They will share the stage with Border Road, featuring Andy Bergsten, Bill Barton, Preston Hoffman and Chuck McDermott. Tickets are \$20 and can be bought online at www.atlanticsymphony.org or before the concert at the lawn of Glastonbury Abbey. 781-331-3600.



'The Sea and Shore Show' on exhibit at Front Street Art Gallery

WHEN: runs through Aug. 31.
WHERE: Front Street Art Gallery, 124 Front St., Scituate.
INFO: The gallery's blue wall will be filled with paintings and photographs by member artists depicting marine and coastal scenes highlighting the ever-changing beauty of the New England coastline. Gallery hours are Tuesday through Saturday, 11 a.m. to 5 p.m., and Sunday, noon to 5 p.m. or by appointment. The Gallery is closed Monday. 781-545-6150.



MOTORCYCLE RUN

American Legion Riders Post 40 will hold a motorcycle ride to raise funds for its America's Hometown Fallen Heroes scholarship. Sign up at 9:30 a.m. at the Park and Ride next to 61 Commerce Way in Plymouth (across from Colony Place). Kickstands go up at 11 a.m. The ride will end at approximately noon at American Legion Post 40 at 199 Federal Furnace Road. The charge is \$20 per rider, \$10 per passenger and \$10 per walk-in. There will be food, raffles and entertainment by "wut it iz." Reserve tickets by calling Jason at 508-889-5644 or Alicia at 508-317-4107.

Marshfield Fair, from noon to 10 p.m. Aug. 15-24, 140 Main St., Marshfield. Exhibits, vendors, arts and crafts, kids' activities, amusement rides, tractor pulls, live bands, food and more. Admission \$10, children 6 and under admitted free. Call 781-834-6629 or visit marshfieldfair.org for details and schedule.

Hello Kitty Weekend at Edaville USA, Carver. Ticket information at www.edaville.com

Big Sports Card & Autograph Shows from 8:45 a.m. to 3 p.m. at the Holiday Inn in Mansfield (Forbes Blvd. & Rt. 140). Red Sox legend Luis Tiant will be signing autographs for charity/the Shriners Hospital for Children from 10:30 a.m. to 12:30 p.m. Celtics 7 time NBA Champ Jim Loscutoff will be an autograph guest from 10:30-12:30. Admission of \$2, under 12 free, after 12:45 p.m. and free packs of cards for all show attendees. www.cardboardpromotions.com or call/text 508-369-2471

Sunset at the Abbey concert presented by the Atlantic Symphony, at 4 pm at Glastonbury Abbey, 16 Hull St. (Rte. 228) Hingham. The concert will feature Atlantic Symphony Players, Chelsea Basler, an up and coming opera singer discovered through the Boston Lyric Opera, and Border Road, South Shore's exciting acoustic rock band. Tickets are \$20 and can be bought online at www.atlanticsymphony.org or before the concert at the lawn of Glastonbury Abbey. 781-331-3600.

Cohasset Carillon featuring George Matthew Jr. of Middlebury, Vt., at St. Stephen's Church, Cohasset. 6 p.m. Cohasset common is one of the best listening places. Bring lawn chairs, blankets, picnic supper. After each recital, a tour of the tower is offered.

Thank You Cancer, Thank You God! A cancer journey presented in story and song by mezzo soprano Valerie Nicolosi, 8 p.m. at Laura's Center for the Arts, at the SSYMC, 97 Mill St., Hanover. Free concert. 781-659-2887. www.uccnorwell.org

Free Family Concert with music by S.O.S. Big Band from 7 to 8:30 p.m. at the Holbrook Gazebo, Castle Canyon Playground, 97 South Franklin Street, Holbrook. Pack a picnic supper, bring your lawn chairs. S.O.S. Big Band plays music of the 30s, 40s and right through to modern day. The concert is free and a rain date is Aug. 24. stephtrow@gmail.com

Les Misérables, presented by The Company Theatre, 30 Accord Park Drive, Norwell. Performances: Aug. 13-17. Tickets: \$36-\$39 by calling 781-871-2787 or www.companytheatre.com

Four Bridges will perform from 4 to 7 p.m. at Sandcastle Lounge located at Pilgrim Sands on Long Beach, 150 Warren Ave., Plymouth, with the lounge open from 3 to 7 p.m.

Nick Pangakis at Waterfront Bar and Grill, 170 Water St., Plymouth, 3 to 6 p.m. 508-591-8393.

Open mike with Bill Downes at The Tinker's Son, 707 Main St., Norwell, 4 to 8 p.m. thetinkerson.com, 781-561-7361.

The Infractions and Happenin' Horns at Catherine and Joseph Nisby Bandstand, 600 Gilniewicz Way, Abington, 6 p.m. In the event of rain, concerts will be held in the Abington Senior Center, 441 Summer St. No food or drink allowed at the center.

MONDAY, AUG. 18

Marshfield Fair, from noon to 10 p.m. Aug. 15-24, 140 Main St., Marshfield. Exhibits, vendors, arts and crafts, kids' activities, amusement rides, tractor pulls, live bands, food and more. Admission \$10, children 6 and under admitted free. Call 781-834-6629 or visit marshfieldfair.org for details and schedule.

Present Laughter Auditions presented by The Bay Players at 7 p.m. Call backs Aug. 21 at 7 p.m. at First Parish Church, 842 Tremont St. (Rte. 3A), Duxbury. Directed by Stasia O'Brien. Noel Coward's hilarious comedy about an aging and self-obsessed actor who finds himself in a situation bordering on the farce when he is besieged by the demands of his estranged wife, women who want to seduce him, and a crazed playwright. Performance Dates: Nov. 7, 8, 14, 15 at 8 p.m. Audition Info at www.bayplayers.org/id67.html.

New Beginnings Singles Support Group, Inc. for newly widowed, separated or divorced adults, meets on Monday evenings at 6:30 p.m. at The Cushing School's Knights of Columbus Culinary Arts Center, 391 Washington St., Hanover. Information: visit www.bnornwell.org/, email at info@bnornwell.org or call 781-499-2659. Meetings at 391 Washington St., Hanover. NB is not a dating service. NB is a singles support organization dedicated to healing, growing and learning.

HOW TO SUBMIT

Planning an event? Send your event information by email to scalendar@wickedlocal.com or by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Email photos as a jpeg attachment at a resolution of at least 200 dpi and no smaller than 3 X 5 inches in size. For more information call 781-837-4518.

TUESDAY, AUG. 19

MOTORCYCLE RUN

BIRDING BY VAN

Birding by Van, presented by Mass Audubon at North River Wildlife Sanctuary, 2000 Main St., Marshfield, 9 to 11:30 a.m. \$14/\$10 member. Space is limited. Preregistration is required, and can be completed online at www.massaudubon.org/ southshore or by calling 781-837-9400.

Nico Rivers at Cabby Shack, 30 Town Wharf, Plymouth, 9 p.m. 508-746-5354. www.cabbyshack.com

TUESDAY, AUG. 19

Marshfield Fair, from noon to 10 p.m. Aug. 15-24, 140 Main St., Marshfield. Exhibits, vendors, arts and crafts, kids' activities, amusement rides, tractor pulls, live bands, food and more. Admission \$10, children 6 and under admitted free. Call 781-834-6629 or visit marshfieldfair.org for details and schedule.

Ballroom Dancing every Tuesday from 7:30 to 11 p.m. at The Viking Club, 410 Quincy Avenue, Route 53, Braintree. Live bands every week. Singles and couples welcomed. Admission is \$10. Information: 781-784-2678 or 781-335-3171.

Free summer concerts, Tuesdays at 8 p.m. in the sanctuary of the Church of the Pilgrimage, 8 Town Square, Plymouth. Refreshments will be available. Tonight: Allyson Lynch, soprano. Visit www.8townsquare.org for more information.

South Shore Men of Harmony rehearse every Tuesday at Hingham Community Center, 70 South St., Hingham, from 7:30 to 10:30 p.m. 781-337-SING (7464). Information: 781-337-7464.

Irish Sessions at Turners Yard, 615 Washington St., Pembroke. 7 p.m. 781-826-2532. www.turnersyard.com

Jazz at Martini's, Tuesdays from 7 to 10 p.m. at Martini's, 50 Court St., Plymouth, featuring the Kenny Wenzel jazz group. Kenny Wenzel plays trombone and flute; drummer is Gene Roma. Call 774-773-9782 or visit www.martiniplimouth.com for information.

Wicked Trivia with Pat Lally, 7:30-9:30 p.m. at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999.

Steve Mazzetta at British Beer Company, 6 Middle St., Plymouth, 508-747-1776. www.britishbeer.com

Matt McKay & Debbie at Cabby Shack, 30 Town Wharf, Plymouth, 9 p.m. 508-746-5354. www.cabbyshack.com

WEDNESDAY, AUG. 20

Marshfield Fair, from noon to 10 p.m. Aug. 15-24, 140 Main St., Marshfield. Exhibits, vendors, arts and crafts, kids' activities, amusement rides, tractor pulls, live bands, food and more. Admission \$10, children 6 and under admitted free. Call 781-834-6629 or visit marshfieldfair.org for details and schedule.

The Reminiscents with Cranberry Lane at Projects Arts of Plymouth annual free summer concert series, 6:30 to 9:30 p.m. Pilgrim Memorial State Park, Water St., Plymouth.

DJ Andy Chute at Cabby Shack, 30 Town Wharf, Plymouth, 9 p.m. 508-746-5354. www.cabbyshack.com

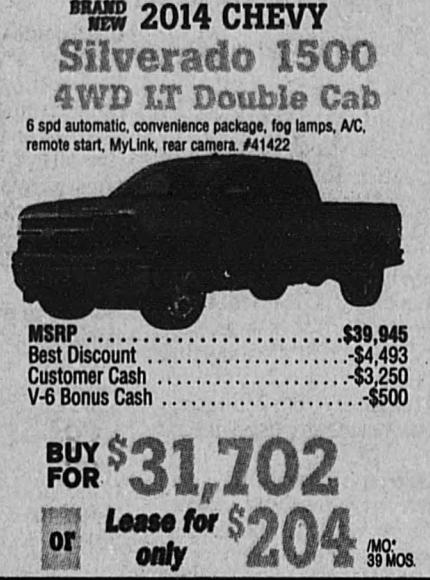
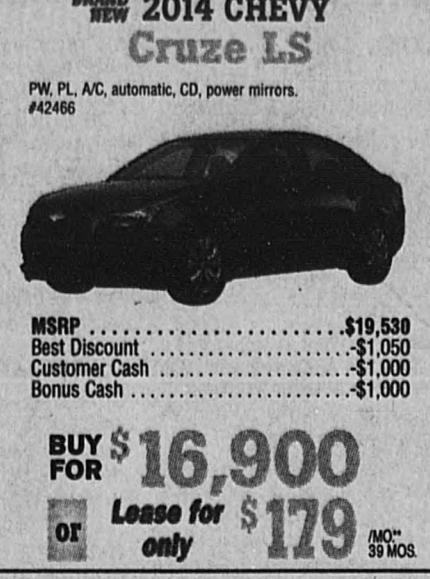
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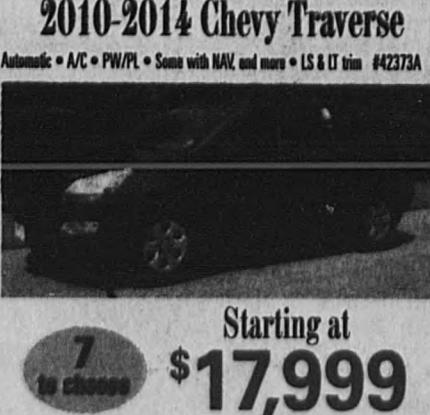
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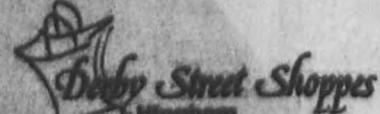
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